How to get the best from

Your Microwave Cooking Center

Use and Care of model JHP60G

Energy-saving tips p7

Features of your Cooking Center p8

How to use the microwave AUTO ROAST feature p14

How to use the microwave COOK CODE™ feature p16

How to operate the self-cleaning oven p23

Save time and money. Before you request service, use the Problem Solver p32

Your Direct Line to General Electric

The GE Answer Center℠ 800.626.2000

GENERAL ELECTRIC

Help Us Help You. . .

Read this book carefully.

It will help you operate and maintain your new Cooking Center properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help. . .
Call. toll free:

The GE Answer Center™
800.626.2000
consumer information service

or write: (include your phone number);
Consumer Affairs
General Electric Company
Appliance Park
Louisville. KY 40225

Write down the model and serial numbers.

You'll find them on a label inside the upper oven on the left side.

These numbers are also on the Consumer Product Ownership Registration Card that came with your Cooking Center. Before sending in this card. please write these numbers here:

Mode: No.

Serial No.

Use these numbers in any correspondence or service calls concerning your Cooking Center.

Be sure your oven is registered.

It is important that we. the manufacturer. know the location of your Cooking Center should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser please write to us. stating model and serial numbers. **This appliance must be registered. Please be certain that it is.**

Write to:

General Electric Company
Range Product Service
Appliance Park
Louisville, KY 40225

If you received a damaged oven. . .

immediately contact the dealer (or builder) that sold you the Cooking Center.

Save time and money.

Before you request service. check the Problem Solver on page 32. It lists minor causes of operating problems that you can correct yourself.

The electric output of this microwave oven is 625 Watts.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do Not Attempt to operate thi oven with the door open since op door operation can result in harm exposure to microwave energy. It important not to defeat or tamper with the safety interlocks.

(b) Do Not Place any object betwe the oven front face and the door allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do Not Operate the oven if it i damaged. It is particularly import that the oven door close properly and that there is no damage to th

(1) door (bent),

(2) hinges and latches (broken or loosened)

(3) door seals and sealing surface

(d) The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

Optional Accessories

Available at extra-cost from your GE supplier.

JV387 Vented Hood

Features 2-level venting that helps eliminate cooking vapors and odors.

JX79 Charcoal Filter Kit

Add for non-vented installation.

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Microwaving Tips

- Make sure all utensils used in your microwave oven are labeled "suitable for microwaving". Check your Cookbook for specific test to determine "microwave-safe" utensils.
- Paper towels, wax paper, and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.
- Some microwaved foods require stirring, rotating, or rearranging. Check your Cookbook for specific instructions.
- Some foods such as unshelled eggs and hot dogs must be pierced to allow steam to escape during cooking.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Use this appliance only for its intended use as described in this manual.
- Be sure your appliance is properly installed and grounded by a qualified technician in accordance with the provided installation instructions.
- This appliance must be connected to a grounded, metallic, permanent wiring system, or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the appliance.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- Before performing any service, DISCONNECT THE RANGE POWER SUPPLY AT THE HOUSEHOLD DISTRIBUTION PANEL BY REMOVING THE FUSE OR SWITCHING OFF THE CIRCUIT BREAKER.
- Do not cover or block any openings on the appliance.
- Do not use outdoors.
- Do not operate this appliance if it is not working properly, or if it has been damaged or dropped.
- As with any appliance, close supervision is necessary when used by children.
- **Do not leave children alone**—children should not be left alone or unattended in area where appliance is in use. They should never be allowed to sit or stand on any part of the appliance.
- **Don't allow anyone to climb, stand or hang on the door, drawer or range top. They could damage the range and even tip it over causing severe personal injury.**
- **CAUTION: DO NOT STORE ITEMS OF INTEREST TO CHILDREN IN CABINETS ABOVE A RANGE OR ON THE BACKSPLASH OF A RANGE—CHILDREN CLIMBING ON THE RANGE TO REACH ITEMS COULD BE SERIOUSLY INJURED.**
- **Wear proper clothing.** Loose fitting or hanging garments should never be worn while using the appliance. Flammable material could be ignited if brought in contact with hot heating elements and may cause severe burns.
- **Use only dry potholders**—moist or damp potholders on hot surfaces may result in burns from steam. Do not let potholders touch hot heating elements. Do not use a towel or other bulky cloth.
- **Never use your appliance for warming or heating the room.**
- **Storage in or on Appliance**—Flammable materials should not be stored in an oven or near surface units.
- **Keep hood and grease filters clean** to maintain good venting and to avoid grease fires.
- **Do not let cooking grease or other flammable materials accumulate in the range or near it.**
- **Do not use water on grease fires. Never pick up a flaming pan. Smother flaming pan on surface unit by covering pan completely with well fitting lid, cookie sheet or flat tray. Flaming grease outside a pan can be put out by covering with baking soda or, if available, a multi-purpose dry chemical or foam.**
- **Do not touch heating elements or interior surface of oven.** These surfaces may be hot enough to burn even though they are dark in color. During and after use, do not touch, or let clothing or other flammable materials contact surface units, areas nearby surface units or any interior area of the oven; allow sufficient time for cooling, first.

Potentially hot surfaces include the cooktop and areas facing the cooktop, oven vent opening and surfaces near the openings, and crevices around the oven door.

Remember: The inside surface of the oven may be hot when the door is opened.

- **When cooking pork** follow our directions exactly and always cook the meat to at least 170°. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.

Microwave Oven:

- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 2.
- To reduce the risk of fire in the oven cavity:

—Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

—Remove wire twist-ties from paper or plastic bags before placing bag in oven.

—Do not use your microwave oven to dry newspapers.

—Paper towels and napkins, wax paper. Recycled paper products can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they also ignite.

—Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.

—Do not operate the oven while empty to avoid damage to the oven and the danger of fire. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs life of the oven.

—If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

- Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.
- See door surface cleaning instructions on page 24.
- **Don't defrost frozen beverages** in narrow necked bottles; especially carbonated ones. Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.
- **Use metal only as directed in Cookbook.** Metal strips as used on meat roasts are helpful when used as shown in Cookbook.

TV dinners may be cooked in metal trays. However, when using metal in microwave oven, **keep metal at least 1-inch away from sides of oven.**

- **Cooking utensils may become hot** because of heat transferred from the heated food. This is especially true if plastic wrap has been covering the top and handles of the utensil. Potholders may be needed to handle the utensil.
- **Sometimes, the oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.
- **Do not use any thermometer** in food you are microwaving unless that thermometer is designed or recommended for use in the microwave oven.
- **Remove the temperature probe from the oven when not using it** to cook with. If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven, and damage oven walls.
- **Boiling eggs (in and out of shell) is not recommended** for microwave cooking. Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.
- **Foods with unbroken outer "skin"** such as potatoes, hot dogs or sausages, tomatoes, apples, chicken livers and other giblets, and eggs (see above) should be pierced to allow steam to escape during cooking.
- **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.
- **Plastic Utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and utensils could ignite. For these reasons: 1) Use microwave plastics only "and use them" in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.
- **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed in Cookbook. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
- **Use of the DOUBLE DUTY™ shelf accessory.** To position shelf so that it is securely "seated," insert into the oven cavity above shelf supports and completely to the back oven wall. Drop into place so that the recessed areas are over the shelf supports. To remove shelf, lift shelf above supports and then pull forward and out. Do not place food on shelf unless it is securely "seated" on the supports.
- When the shelf is not in use, remove from the oven.
- Do not use a microwave browning dish on shelf.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS
(continued)

Oven:

- **Stand away from the range when opening oven door. The hot air or steam which escapes can cause burns to hands, face and/or eyes.**
- **Don't heat unopened food containers in the oven. Pressure could build up and the container could burst causing an injury.**
- Keep oven vent ducts unobstructed.
- Keep oven free from grease build up.
- Place oven rack in desired position while oven is cool. If racks must be handled when hot, do not let potholder contact heating units in the oven.
- Pulling out shelf to the shelf stop is a convenience in lifting heavy foods. It is also a precaution against burns from touching hot surfaces of the door or oven walls.
- When using cooking or roasting bags in oven, follow the manufacturer's directions.
- Do not use your oven to dry newspapers. If overheated, they can catch fire.

Self-Cleaning Oven:

- **Do not clean door gasket.** The door gasket is essential for a good seal. Care should be taken not to rub, damage, or move the gasket.
- **Do not use oven cleaners.** No commercial oven cleaner or oven liner protective coating of any kind should be used in or around any part of the oven.
- Clean only parts listed in this Use and Care Book.
- **Before self-cleaning the oven,** remove broiler pan and other utensils.

Surface Cooking Units:

- **Use Proper Pan Size**—This appliance is equipped with one or more surface units of different size. Select utensils having flat bottoms large enough to cover the surface unit heating element. The use of undersized utensils will expose a portion of the heating element to direct contact and may result in ignition of clothing. Proper relationship of utensil to burner will also improve efficiency.
- **Never leave surface units unattended at high heat settings.** Boilover causes smoking and greasy spillovers that may catch on fire.
- Be sure drip pans and vent ducts are not covered and are in place. Their absence during cooking could damage range parts and wiring.
- **Don't use aluminum foil to line drip pans** or anywhere in the oven except as described in this book. Misuse could result in a shock, fire hazard, or damage to the range.
- Only certain types of glass, glass/ceramic, ceramic, earthenware, or other glazed containers are suitable for range-top service; others may break because of the sudden change in temperature (See Section on "Surface Cooking" for suggestions.)
- **To minimize burns,** ignition of flammable materials, and spillage; the handle of a container should be positioned so that it is turned toward the center of the range without extending over nearby surface units.
- **Don't immerse or soak removable surface units. Don't put them in a dishwasher.**
- **Always turn surface unit to OFF before removing utensil.**
- Keep an eye on foods being fried at HIGH or MEDIUM HIGH heats.
- **To avoid the possibility of a burn or electric shock, always be certain that the controls for all surface units are at OFF position and all coils are cool before attempting to remove the unit.**
- **When flaming foods under the hood, turn the fan off. The fan, if operating, may spread the flame.**
- **Foods for frying should be as dry as possible.** Frost on frozen foods or moisture on fresh foods can cause hot fat to bubble up and over sides of pan.
- Use little fat for effective shallow or deep-fat frying. Filling the pan too full of fat can cause spillovers when food is added.
- If a combination of oils or fats will be used in frying, stir together before heating, or as fats melt slowly.
- **Always heat fat slowly,** and watch as it heats.
- Use deep fat thermometer whenever possible to prevent over-heating fat beyond the smoking point.

SAVE THESE INSTRUCTIONS

Energy Saving Tips

Microwave Cooking

- Use proper power level as recommended and DO NOT OVERCOOK.
- Do not operate the oven while empty. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—saves energy and also ensures good long term life of oven.

Surface Cooking

- Use cooking utensils of medium weight aluminum, tight-fitting covers, and flat bottoms which completely cover the heated portion of the surface unit.
- Cook fresh vegetables with a minimum amount of water in a covered pan.
- Watch foods when bringing them quickly to cooking temperatures at HIGH heat. When food reaches cooking temperature, reduce heat immediately to lowest setting that will keep it cooking.
- Use residual heat with surface cooking whenever possible. For example, when cooking eggs in the shell bring water to boil, then turn to OFF position to complete the cooking.
- Always turn surface unit OFF before removing utensil.
- Use correct heat for cooking task . . . high heats to start cooking (if time allows, do not use HIGH heat to start), medium high—quick brownings, medium—slow frying, low—finish cooking most quantities, simmer—double boiler heat, finish cooking, and special for small quantities.
- When boiling water for tea or coffee, heat only the amount needed. It is not economical to boil a container full of water for only one or two cups.

Conventional Oven Cooking

- Preheat the oven only when necessary. Most foods will cook satisfactorily without preheating. If you find preheating is necessary, keep an eye on the indicator light, and put food in the oven promptly after the light goes out.
- Always turn oven OFF before removing food.
- During baking, avoid frequent door openings. Keep door open as short a time as possible when it is opened.
- For self-cleaning oven, be sure to wipe up excess spillage before self-cleaning operation.
- Cook complete oven meals instead of just one food item. Potatoes, other vegetables, and some desserts will cook together with a main-dish casserole, meat loaf, chicken or roast. Choose foods that cook at the same temperature in approximately the same time.
- Use residual heat in oven whenever possible to finish cooking casseroles, oven meals, etc. Also add rolls or precooked desserts to warm oven, using residual heat to warm them.

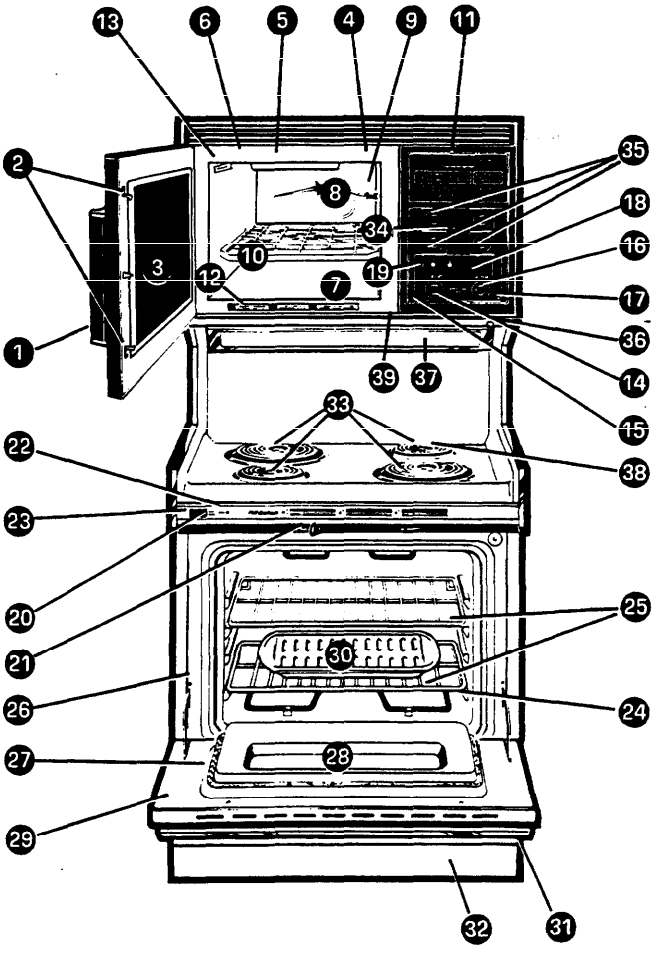
Features of Your Cooking Center

Microwave Oven

1. **Door Handle.** Pull to open door. Door must be securely latched for oven to operate.
2. **Inside Door Latches.**
3. **Window with Metal Shield.** Allows cooking to be viewed while keeping microwaves confined in oven.
4. **Light.**
5. **Plastic Antenna Cover.** Protects the antenna which distributes microwave energy into the oven.
6. **Oven Vent.**
7. **Oven Floor.**
8. **MICROTHERMOMETER™ temperature probe.**
9. **Receptacle for Temperature Probe.**
10. **DOUBLE-DUTY™ shelf.** Lets you microwave several foods at once. (See Safety Instructions for special instructions.) When this shelf is not in use, please remove from the oven.
11. **Readout Display and Touch Control Pads.**
12. **Cooking Charts.** Quick reference for Codes for many frequently prepared foods.
13. **Model and Serial Numbers**—located inside upper oven on left side.

Conventional Oven

14. **Oven Set (Clean) Knob.**
15. **Oven "ON" Light.**
16. **Oven Temp (Clean) Knob.**
17. **Oven Cycling Light.**
18. **Automatic Oven Timer, Clock, Minute Timer.**
19. **Oven Timer (Clean) Dial.**
20. **Latch Release Button.**
21. **Latch.**
22. **Self-Cleaning Oven Clean Light.**
23. **Lock Light.**
24. **Shelf Support.**
25. **Oven Shelves.**
26. **Oven Frame.**
27. **Door Gasket.**
28. **Window.**
29. **Door Liner.**
30. **Broiler Pan and Rack.**
31. **Oven Light Switch—Door.**
32. **Storage Drawer.**

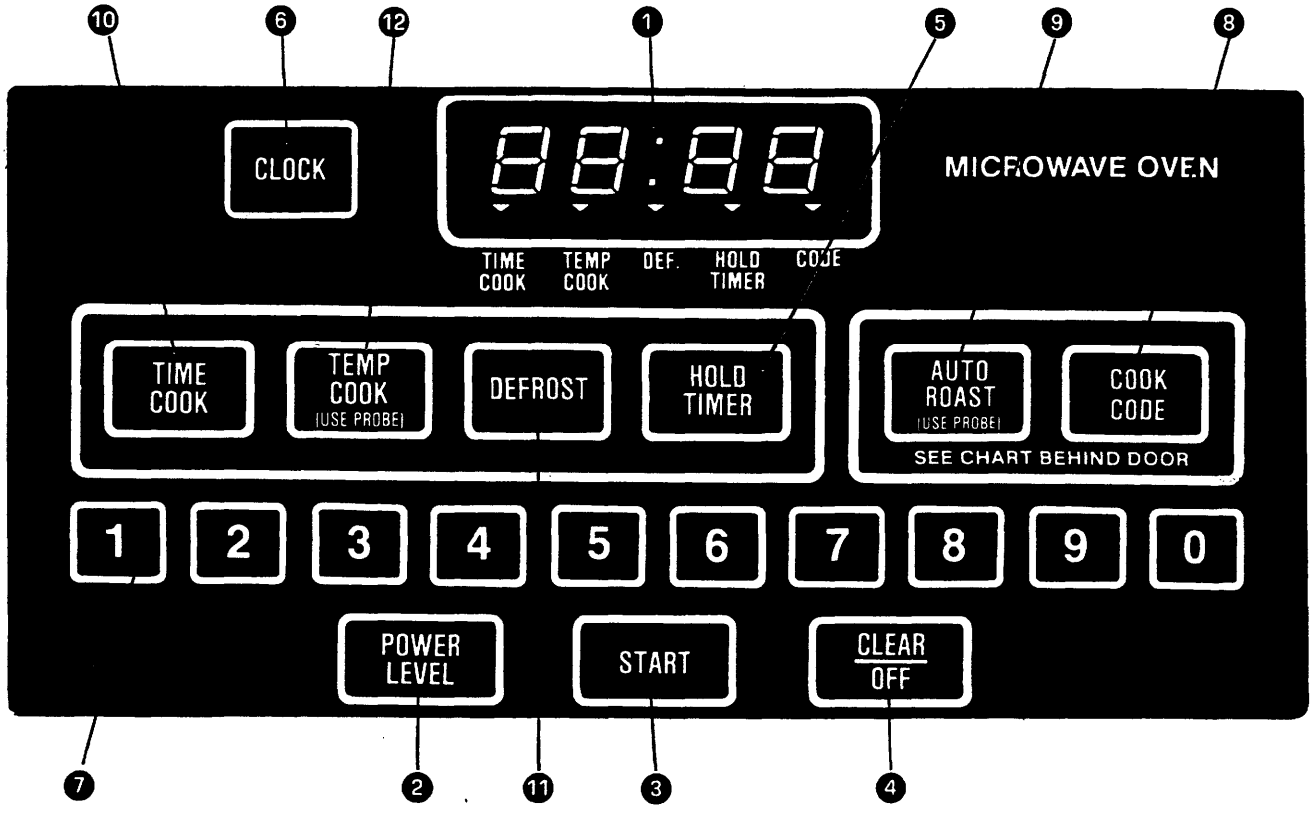


Model JHP60G

Surface Units

33. **CALROD® plug-in surface units—Chrome-Plated Drip Pan/Rings or separate Chrome-Plated Trim Rings and Porcelain Drip Pans.**
34. **Master Indicating Light for Surface Units.**
35. **Controls for Surface Units.**
36. **Fluorescent Lamp Switch.**
37. **Surface Light.**
38. **Removable Vent Duct for Lower Oven**—located under right rear unit.
39. **Removable Metal Plates for Optional Ventilating Hood Grease Filters.**

Your Touch Control Panel



1. **DISPLAY.** Displays time of day, time or temperature during cooking functions (or power level when Power Level Pad is touched.)
2. **POWER LEVEL.** Touch this pad before entering another power level number if you want to change from automatic Power Level 10 (HIGH) for cooking or Power Level 3 (LOW) for defrosting.
3. **START.** After all selections are made, touch this pad to start oven.
4. **CLEAR/OFF.** When touched, it shuts off the oven and erases all settings (except time of day).
5. **HOLD/TIMER.** This feature uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time or temperature cooking. (See page 13.)
6. **CLOCK.** Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3, and 0 and 1:30 will appear in display. Retouch CLOCK pad. To reset or change time, simply repeat above process.
7. **NUMBER PADS.** Touch these pads to enter cooking/defrosting time, time of day, temperature, Power Level, Auto Roast Code or COOK CODE™ digits.
8. **COOK CODE™ control.** Use this pad as a shortcut method for entering cooking time, and power level. (See page 16.)
9. **AUTO ROAST.** Insert Probe, touch this pad, and desired number pad for Code to temperature cook meat with automatic preset program. (See page 14.)
10. **TIME COOK.** Microwave for a preset amount of time using automatic Power Level 10 (or change power level after entering cooking time. See page 10.)
11. **DEFROST.** Gentle, generally uniform thawing at automatic Power Level 3, (or change power level after entering defrosting time. See page 11.)
12. **TEMP COOK.** Use the temperature probe to cook by using a preset temperature. Oven shows temperature until preset temperature is reached and then turns off. (See page 12.)

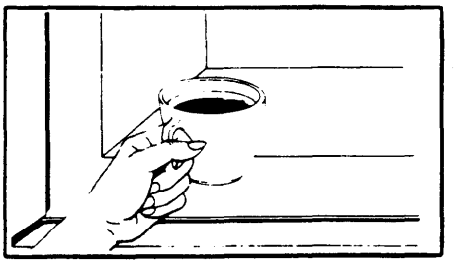
Cooking by Time

The TIME COOK feature allows you to preset the cooking time.

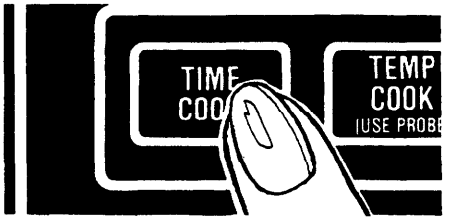
The oven shuts off automatically.

Power Level 10 is automatically set for time cooking, but you may change this for more flexibility. See your Cookbook.

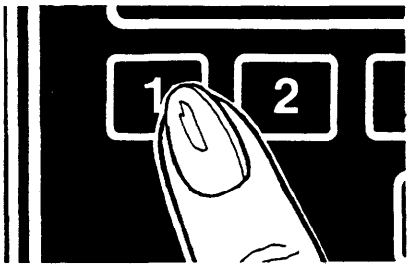
To become better acquainted with TIME COOK function, make a cup of coffee by following the steps below.



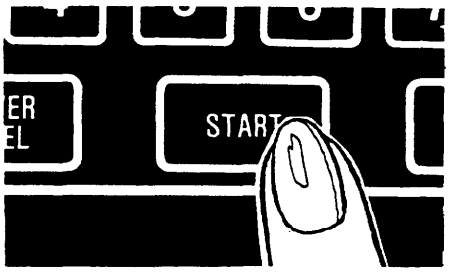
Step 1: Fill a cup 2/3 full of water and add 1 teaspoon of freeze dried coffee. Use a cup that has no metal decoration. Place cup in oven and close door.



Step 2: Touch TIME COOK. The display shows :0. Signal light above TIME COOK flashes. Power Level 10 is automatically set in oven, but does not appear in display.



Step 3: Select your time. Touch 1, 2 and 0 for a minute and 20 seconds. 1:20 and signal light above TIME COOK appear on display. If another Power Level is desired touch POWER LEVEL and the number, although Power Level 10 (HIGH) is preferred for this cup of coffee.



Step 4: Touch START. Time counting down shows on display.

Step 5: When time is up, oven sounds and oven, light, and fan shut off.

Questions and Answers

Q. I set my oven for the time called for in the recipe but at the end of the time allowed, my dish wasn't done. What happened?

A. Since house power varies due to time or location, many Time Cook recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your dish a little longer, if necessary.

Q. I want to cook my dish on a Power Level other than HIGH, what do I need to do?

A. To change the Power Level, touch the POWER LEVEL pad after entering desired cooking time. Enter the desired number and then touch START.

Q. Can I interrupt my Time Cook function to check the food?

A. Yes. To resume cooking, simply close the door and touch START. NOTE: Microwave power will not come on until you are ready. You must touch START for cooking to begin.

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The TIME COOK pad must be touched before setting the number pads or else your oven will not begin cooking.

Q. I tried to change Power Level but the display changed back to cooking time. Why?

A. After touching Power Level pad you only have 4 seconds to enter the number. Try setting controls again.

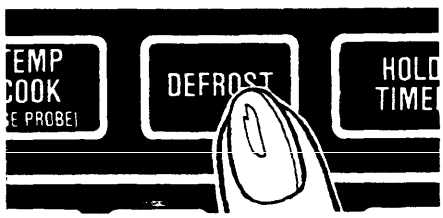
How to Use Defrost

The Defrost setting is designed for even thawing necessary for large amounts of food and is one of the most important advantages of a microwave oven.

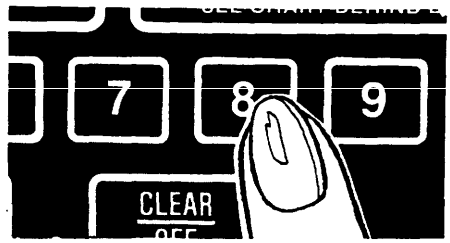
- Power Level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See your Cookbook for the complete defrosting chart.

To become better acquainted with your Defrost function, defrost frozen pork chops by following the steps below.

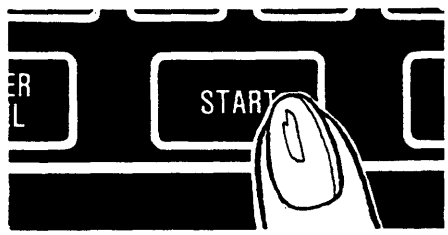
Step 1: Place package of frozen chops in the oven and close door.



Step 2: Touch DEFROST. Display reads :0. Power Level 3 is automatically set in oven but does not appear on readout. Signal Light above DEF. flashes.



Step 3: Touch 8, 0, and 0 for 8 minutes. 8:00 and signal light above DEF. are displayed. If you wish to change Power Level, touch Power Level pad and then new number.



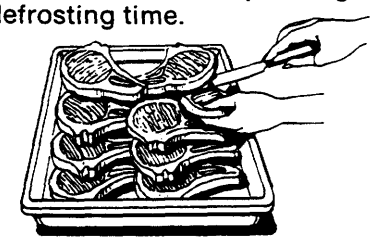
Step 4: Touch START. Time counts down on display. When cycle is completed, the oven signals and automatically shuts off.

Step 5: Turn package over, close door and repeat Steps 2, 3 and 4.

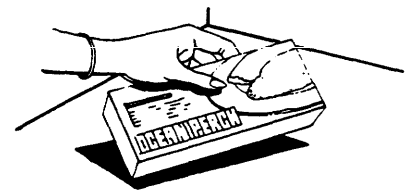
Step 6: When oven signals and shuts off, remove package and separate chops to finish defrosting.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.
- For even defrosting, many foods need to be broken up or separated part of the way through the defrosting time.



- Homemade dinners can be frozen in shallow foil trays and heated for later use. (Do not heat on metal shelf). Select foods which microwave well.
- Pre-packaged frozen dinners can be defrosted and microwave cooked, but foil tray must be returned to box before cooking on metal shelf.



- Check your Cookbook for other defrosting tips.

Questions and Answers

Q. When I press START, I hear a dull thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a Power Level lower than HIGH.

Q. Can I Defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the Power Level after entering the time by touching POWER LEVEL and 7 or 10. Power Level 7 cuts the time about in ½; Power Level 10 cuts the time to approximately ⅓. During either, rotate or stir food frequently.

Q. Can I open the door during DEFROST to check on the progress of my food?

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START.

Q. Why don't the defrosting times in the Cookbook seem right for my food?

A. Cookbook times are average. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your Cookbook. If your food is still not completely thawed at the end of that time, re-set your oven and adjust the time accordingly.

Q. Can I select a Power Level other than automatic Power Level 3 for defrosting?

A. Yes. Some smaller foods may be defrosted quicker on higher Power Levels but for even, carefree defrosting, Power Level 3 is suggested. Check the chart in the Cookbook for specific times and Power Levels.

Cooking by Temperature

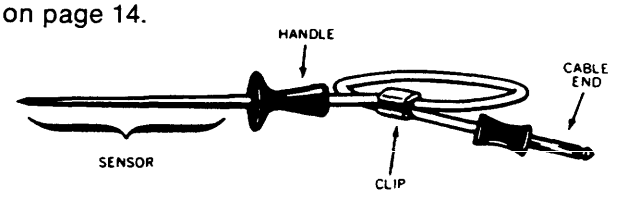
For many foods, internal temperature is the best test of doneness.

Roasts or poultry are cooked to your preference when temperature cooking. Heating or reheating foods accurately to a serving temperature you desire is simple and easy.

TEMP COOK takes the guesswork out of cooking because the oven shuts off automatically when the food is done.

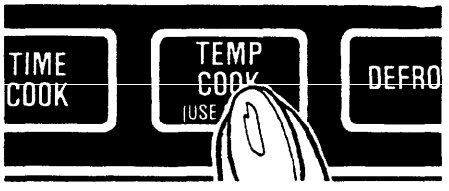
The Temperature Probe

The temperature probe is a food thermometer that gauges the internal temperature of your food; it must be used when using TEMP COOK or AUTO ROAST. Follow the directions for use and insertion on page 14.



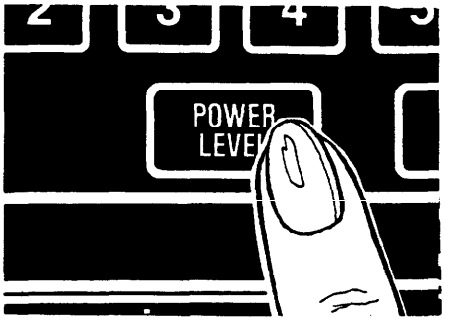
How to Temp Cook a Rolled Beef Rib Roast to Medium

Step 1: Insert temperature probe as directed in Cookbook and attach probe securely in oven wall. Close the door.



Step 2: Touch TEMP COOK. The readout display shows 0 and signal light above TEMP COOK flashes.

Step 3: Touch 1, 3, 0 or 130°. 130 shows on display. Power Level 10 is automatically set in oven but does not appear on readout.



Step 4: Touch POWER LEVEL pad. Touch 5 for MEDIUM power. P-5 shows on display and then display reverts back to set finished temperature.

Step 5: Touch START. Display shows temperature of food counting up.

Step 6: When 130° is reached, the oven will sound and automatically shut off. Remove probe and food from the oven.

Cooking Tips

- Use a lower power level setting; it will heat more evenly even though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Always insert probe into the center of meaty areas; take care not to touch the fat or the bone.
- Insert probe as horizontally as possible into foods as directed in the recipes. Make sure the handle does not touch the food.
- Use the clip to keep the probe in place while heating.
- Cover foods as directed in Cookbook for moisture control and quick, even heating.

Questions and Answers

Q. Are there any foods I can't TEMP COOK?

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc., soften rapidly at warm temperatures. Batters and doughs as well as frozen foods are also difficult to cook precisely with the probe. It is best to TIME COOK these foods.

Q. After I followed the steps and touched START, a signal sounded and oven did not start. What is wrong?

A. If you set the temperature either below 80° or greater than 199° the oven will not start. To re-enter, touch CLEAR/OFF pad and begin steps again.

Q. Oven sounded and would not start although I entered the temperature correctly. What is wrong?

A. If you have not securely seated the end of the probe into the receptacle in the oven wall, if you touch TEMP COOK and have forgotten to use the probe or if the actual food temperature is higher than set temperature, oven will sound and not start.

Q. Can I leave my probe in the oven if it's not inserted in the food?

A. No. If the probe is left inside the oven, touching the oven wall, and not inserted in food, you may damage the oven.

Q. How do I know what temperature to set?

A. Your Cookbook contains sections on all types of foods showing the temperatures needed to cook the foods to different degrees of doneness. For reheating, refer to Reheating Charts in the front of the Cookbook for specific temperatures.

How to Use the Hold/Timer

Your HOLD/TIMER, which operates without microwave energy, has three timing functions.

It operates as a Minute Timer, it can be set to delay cooking or may be used as a hold setting after defrosting. Hold/Timer can be set up to 99 minutes.

Step 1: Touch HOLD/TIMER pad. The display shows :0. Signal light above HOLD/TIMER flashes.

Step 2: Select the amount of time you desire. Touch the appropriate number pads. If, for example, you are timing a three minute phone call, touch 3, 0, and 0. The display shows 3:00.

Step 3: Touch START. The readout display shows the time as it counts down.

Step 4: When time is up, a signal sounds and the timer turns off.

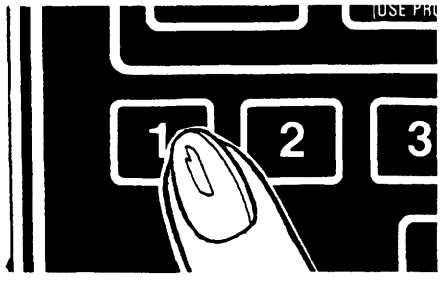
The HOLD/TIMER can also be used to program "standing time" between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A HOLD, or "standing" time may be found in some of your own recipes or Cookbook.

To set the oven to delay cooking up to 99 minutes follow Steps 1 and 2 to enter hold time, then set Time Cook and time, or Temp Cook and temperature desired before pressing START. When holding before temperature cooking, be sure probe is in food before pressing START.

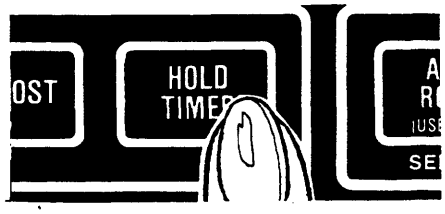
How to Defrost—Hold/Time—Time Cook

To help you become acquainted with the HOLD/TIMER feature as used with Time Cook or Temp Cook follow steps below to defrost a frozen casserole for 15 minutes, then hold 10 minutes and then cook 25 minutes. If using Temp Cook after Hold/Timer, be sure to insert probe correctly as shown on page 14.

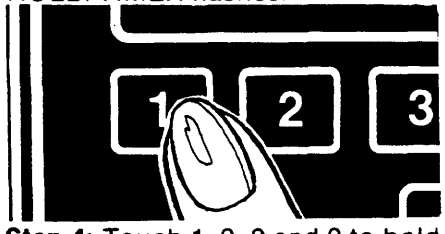
Step 1: Remove casserole from the freezer and place in oven. Touch the DEFROST pad. The readout panel shows :0 and signal light above DEF. flashes.



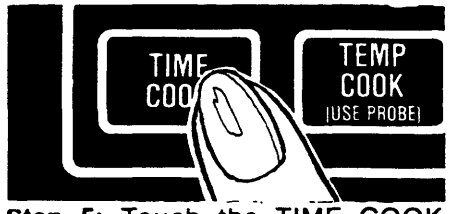
Step 2: Touch 1, 5, 0 and 0 for defrosting time. 15:00 appears on display panel. (Defrosting is automatically set on Power Level 3 but can be changed by touching POWER LEVEL pad and the new Power Level.)



Step 3: Set standing or hold time by touching HOLD/TIMER. :0 appears on display. Signal light above HOLD/TIMER flashes.



Step 4: Touch 1, 0, 0 and 0 to hold for ten minutes. 10:00 appears on display.



Step 5: Touch the TIME COOK pad. This display shows :0 and signal light above TIME COOK flashes.

Step 6: Touch 2, 5, 0 and 0 for twenty-five minutes of cooking time. 25:00 appears on display.

Step 7: Touch START. 15:00 counting down shows on display. As each function is automatically performed oven display shows entered information and light above that function comes on. While cooking, you may touch appropriate pad to recall times you set.

Questions and Answers

Q. What will happen if I accidentally reverse the instructions?

A. If you accidentally reverse the sequence of programming instructions, your oven automatically rearranges your program. Defrosting always comes first, then hold, and then the cooking function.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to Defrost for 4 minutes, Hold/Time for 2 minutes, and then Defrost for 6 minutes. In this case, the oven would Defrost for 6 minutes and Hold/Time for 2 minutes.

Q. Can I Defrost-Hold only on my oven?

A. Yes, for foods you don't want to cook, like frozen fruit, frozen whipped topping, etc.—refer to Cookbook.

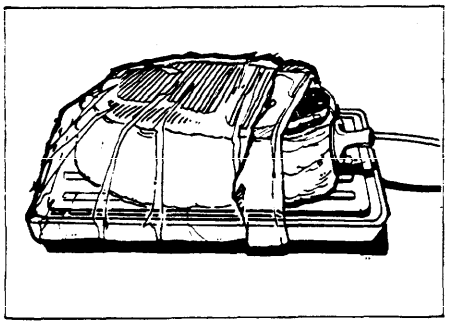
NOTE: Allow foods to remain at room temperature only as long as safe. Times will vary.

Automatic Roasting

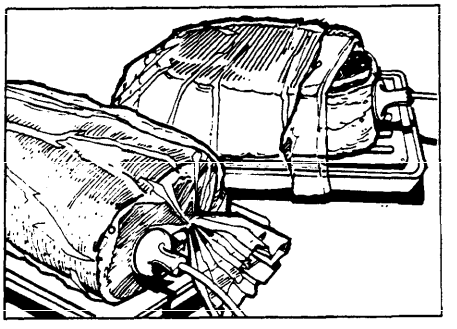
Auto Roast uses the temperature probe to cook to the desired serving temperature. Unlike Temp Cook, which uses a single power level, Auto Roast is designed to use up to 3 power settings which automatically switch during roasting, for even and tender cooking results without overcooking.

Just as in conventional roasting, only tender roasts should be Auto Roasted until specified internal temperatures are reached. Less tender roasts should be microwaved by time, according to the Cookbook which comes with your oven. Complete information on preparing roasts for microwaving is in your Cookbook.

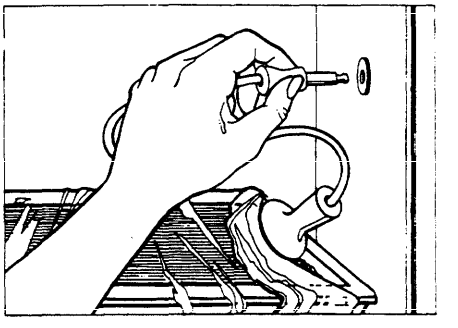
Preparing Roasts for Auto Roasting



Place tender beef roasts on trivet in microwave safe dish. Insert probe horizontally into center meaty area not touching bone or fat. Cover with wax paper.

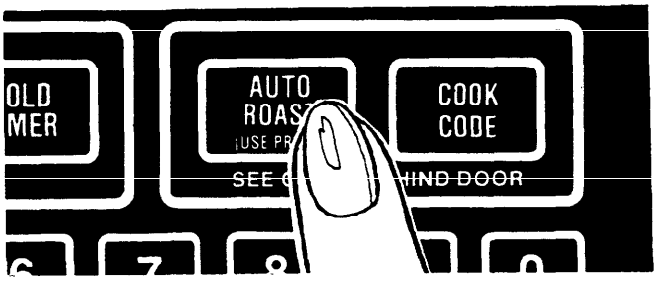


Poultry, pork or ham roasts need no trivet. Add ½ cup water to roast dish, cover with plastic wrap. (For cooking bag method, see cookbook.) Insert probe into center meaty area.

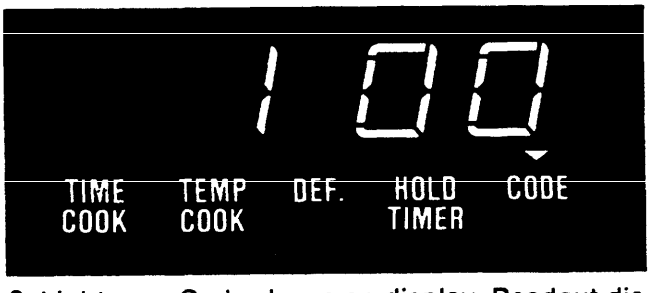


Place meat in oven with probe to the right. Insert cable end of probe firmly into receptacle on oven wall.

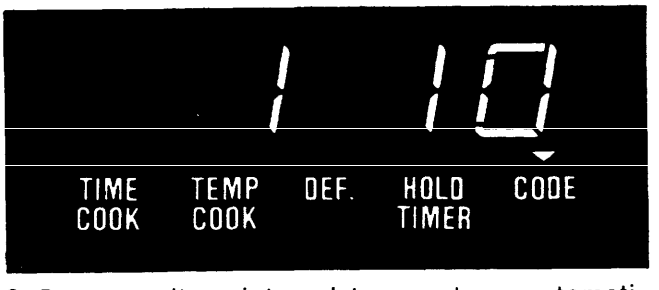
How to Auto Roast Beef to Medium



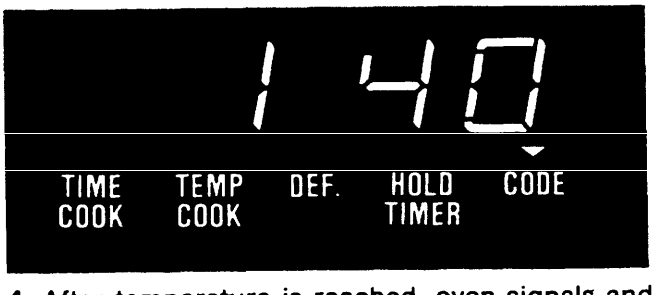
1. Touch AUTO ROAST Pad. Cooking signal light over Code flashes. Touch number pad 3. Touch START.



2. Light over Code shows on display. Readout displays internal food temperature.



3. Oven monitors internal temperature, automatically switching to lower power as meat's temperature rises. This helps prevent toughening or overcooking.



4. After temperature is reached, oven signals and then shuts off.

Auto Roast Chart

- Use containers and coverings as directed at left. Place probe correctly in roast before cooking.
- Recommended Codes are also shown on Auto Roast Chart on the control panel.
- Beef tenderloin roast, because of its small size, should be turned over after 90° has been reached.

Food	Code	Final Temp	Approx. Time (Min. per lb.)	Hold* Minutes
Beef				
Tender Roast				
Rare	2	125°	12-14	5-10
Medium	3	140°	14-16	10-15
Well	4	170°	17-18	30
Meatloaf (loaf or round)	4	170°	15-20	5-10
Pork				
Loin Roast	4	170°	18-20	20
Precooked Ham	1	115°	17-19	5-10
Poultry				
Whole Chicken (3 lb.)	5	190°	13-15	20
Whole Turkey (up to 12 lbs.)	5	190°	13-15	20
(Insert probe into meatiest area of inner thigh from below end and parallel to leg.)				
Turkey Breast	4	170°	13-15	20
(Insert probe horizontally into meatiest area.)				

*Recommended standing time before serving.

Questions and Answers

Q. Are there any particular trivets that work better than others?

A. Yes, flat glass trivets such as lids or dish covers generally give more even cooking results than plastic trivets. Also, ceramic ridge-bottomed roasting dishes usually work well. Plastic trivets generally require meat to be turned over more frequently because the grid design and legs allow the bottom of the meat to stay cooler as it cooks, than glass trivets do.

Q. Why was my roast not fully cooked even though the temperature on the readout was correct and Auto Roast completed?

A. When cooking with Auto Roast, the temperature probe must be inserted properly as fully described in the Cookbook. Check to make sure the probe hasn't slipped or changed position.

Q. Is it necessary to always cover foods during Auto Roast?

A. No, but a loose covering helps prevent spattering and hold moisture in food.

How to Use Cook Code™ Control

The Cook Code™ control provides a short-cut method for entering time and the Power Level on your microwave oven. Cooking Codes are only used for recipes which need little or no attention, and which require no change of power level during cooking. Recipes which require additional ingredients, attention or change in power level during microwaving should be cooked in the usual manner. Also, recipes with cooking time of less than one minute or more than 99 minutes can not use Cooking Codes.

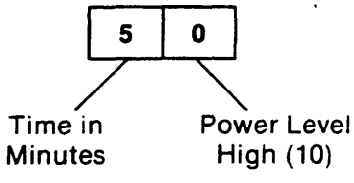
To understand the Cook Code control, it is important to know what the numbers mean and what the sequence is. The first and second numbers, if setting a 3 digit Cooking Code, indicate the amount of time you desire; the last control entry number is always the Power Level. For example, 125 means 12 minutes at Power Level 5. NOTE: Your oven can only be programmed to 99 minutes when using the Cook Code control and the highest Power Level is 10 which is represented by "0". When setting a 2 digit Cook Code control entry, the first is time, the second is power level. For example, 50 means 5 minutes at Power Level 10.

On the following page is shown many frequently prepared foods and their codes. It's easy, though, to make Cooking Codes for many other recipes. Just select one or two digits representing the length of cooking time desired, and a final digit for the Power Level required. The Cooking Codes given on the chart are for the minimum time needed, to avoid overcooking which can dry out food and make it tasteless and tough. If you feel that more cooking is needed, add additional time by changing the first digit of the Code. You cannot add seconds to the cycle time—Cooking Codes are for whole minutes only. If your recipe calls for Power Level changes or different amounts of time needed between addition of ingredients, you may set one Cooking Code for the first part of the recipe, then after completion, set another Cooking Code for that period of time and Power Level.

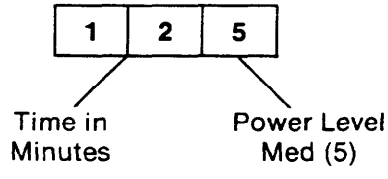
Remember that Cooking Codes are for microwaving by time only. If you are microwaving by temperature, you must use the Temp Cook or Auto Roast function.

For Example:

COOKING CODE 2-Digit

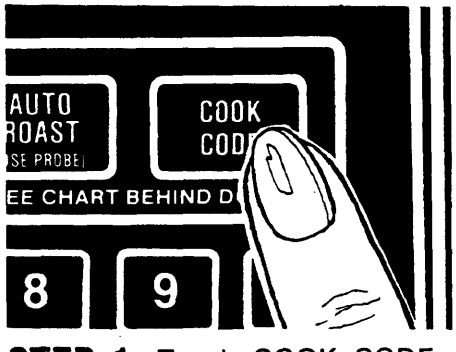


COOKING CODE 3-Digit

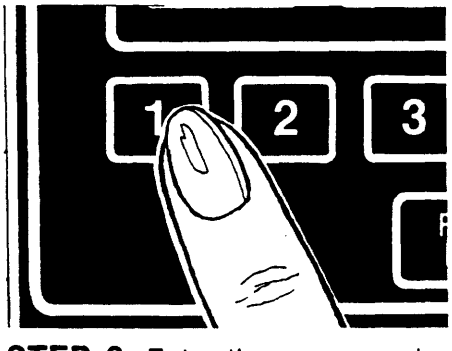


How to Set Cook Code™ Control

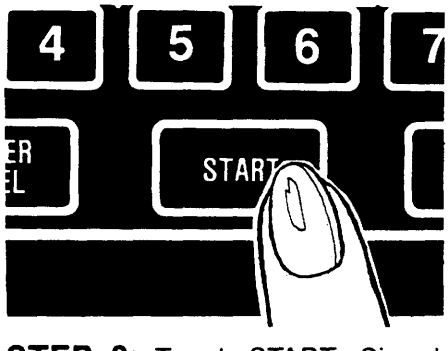
Programming your oven for Cook Code™ Control operation is easy. Follow the simple steps below.



STEP 1: Touch COOK CODE. Signal light above Code flashes.



STEP 2: Enter the proper code into Cook Code control. For example, a recipe calling for 12 minutes cooking time at Power Level 10 would be 120. 120 appears on the display panel.



STEP 3: Touch START. Signal light above TIME COOK shows as well as time counting down on display.

Cook Code™ Control Guide

Detach and Tape to Inside Cabinet Door or Other Prominent Place

The Cook Code™ control feature gives you an easy automatic way to accurately set microwave time for foods requiring only one power level and little attention during cooking. The Chart below shows frequently prepared foods and the suggested Cooking Codes to use with each. For specific information on stirring, turning or rotating, check the Microwave Guide and Cookbook which comes with your microwave oven. Always use microwave-safe containers and microwave techniques as described in the Cookbook.

To set Cooking Codes for many other foods or recipes refer to page 14 in the *Use and Care Book.* Cook Code™ control codes given are for minimum time. Check and add time if necessary to complete cooking.

CUT ALONG DOTTED LINE

FOOD	COOKING CODE
Appetizers (Warming)	
Dip (Cream Cheese)	
½ Cup	25
1 Cup	45
Dips (Sour Cream)	
½ Cup	23
1 Cup	43
Pastry Bites (Reheating)	
2 Servings	10
4 Servings	20
Breads and Desserts	
Apples	
(2)	40
Bran Muffins	
(5-6)	37
Brownies (Mix)	60
Cakes (Mix)	
(16 cup fluted mold)	110
Cheese Bread, Yeast	
(1 loaf)	105
Chocolate Chip Bars	50
Pudding Mix (3 oz. pkg.)	60
Beverages	
Coffee, Soup	
(1 Cup)	10
Milk Based	
(1 Cup)	28
Frozen Foods (Defrost)	
Note: Times given below are for entire defrost cycle. Usually food must be rotated, broken up or turned over while defrosting. Check Cookbook for specific information.	
Cake, Whole Iced	23
Chicken, Cut-Up	
(2½-3½ lbs.)	143
Dessert Topping, Whipped	23
Doughnuts or Pastries	
(1 to 3)	13
Fish Fillets	
(1 lb.)	83
Hamburgers	
(2 lbs.)	123
Pie, Fruit Filling	
(Whole)	83
Roast	
(4-5 lbs.)	283
Steak or Chops	
(2 lbs.)	103

FOOD	COOKING CODE
Meats/Main Dishes	
Bacon	
2 Slices	28
4 Slices	48
Chicken	
8-10 pieces	200
2 pieces	50
4 pieces	100
Chuck Roast	
(3 lbs.)	665
Eggs, Baked	
2 Eggs	27
Eggs, Scrambled	
2 Eggs	20
Entrees, Frozen	
8 oz.	50
16 oz.	120
2 lbs.	200
Fish Fillets	
(1 lb.)	80
Franks (in bun)	
2	10
4	30
Meat Loaf	
(1½ lbs.)	170
Sausage (Raw)	
4 Patties (½ lb.)	40
4 Links	20
Swiss Steak	
(2 lbs.)	705
Frozen TV Dinner	
(12 oz.)	70
Vegetables (Fresh)	
Beans, Green	
(1 lb.)	150
Broccoli	
(1¼-1½ lbs.)	
Spears	157
Cut	120
Cauliflower, Head	137
Corn on Cob	
(4)	120
Potatoes	
(4)	120
Squash	
(1 lb.)	100
Zucchini	
(1 lb.)	100
Vegetables (Frozen)	
10 oz. pkg.	70

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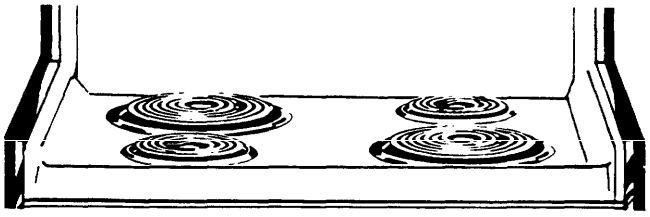
Surface Cooking



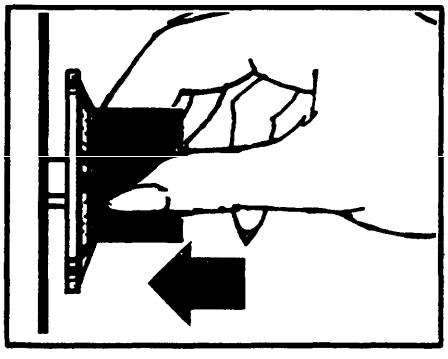
Your range top is designed to give you the flexibility of boiling, steaming, sautéing, browning, frying, canning, or pressure cooking. It heats through the metal coils of four Calrod® units thus giving the correct amount of energy for each setting you choose.

How to Set the Controls

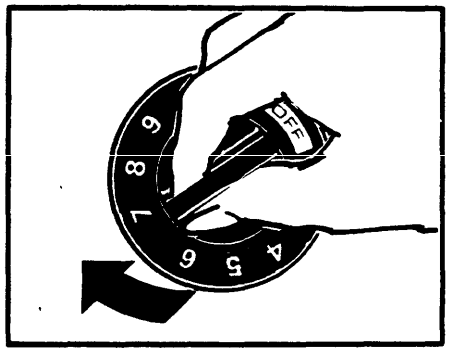
You must push the knob in only when it is set at OFF; this is to prevent you from turning the knob on accidentally. When the knob is in any other position, you can turn it without pushing it in. You will feel it pop out when you turn it to OFF.

The lowest setting is between OFF and WARM. At the HI setting, you will feel the knob lightly click into place.

In a quiet kitchen, you may hear slight "popping" sounds during cooking, indicating heat settings are being maintained.



Step 1: Push in control knob.



Step 2: Turn the knob in either direction to the heat setting you want.

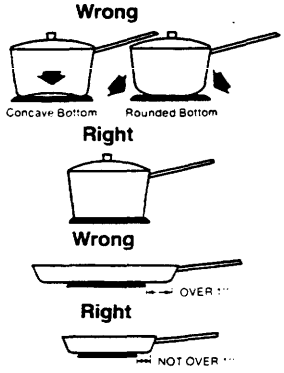
SPECIAL NOTE: You may find foods you boil on the surface units causing condensation to gather under the upper microwave oven. This is especially true of foods boiled with water or naturally high in moisture.

Steam condensation will not harm your range. However, you may minimize condensation by:

- Covering pots and pans with lids, especially when cooking high moisture foods on the range top.
- Selecting a surface unit at the front of the range for boiling foods.

Container Tips

- Pots and pans should be flat on the bottom and match the size of the surface units. Large containers should be on large units and small ones on small units.
- It is important that pans fit the units you are using. A pan that extends more than one inch beyond the edge of the trim ring may reach temperatures that could eventually harm cooktop surfaces around units.
- Center pots and pans on a surface unit which closely matches the bottom of the utensil in size.
- Containers of various materials may require different heat settings and/or cooking time. Check the manufacturer's instruction before using.
- Special cooking equipment without flat bottoms, such as the oriental wok, are not recommended and could shorten the life of the surface unit and/or range top since high heat temperatures are required in this type cooking.



Cooking Tips

- Keep range and ventilating hood free from grease accumulation.
- When cooking is almost completed, use the retained heat to finish cooking. Turn the knob to OFF and leave the cooking utensil in place. When surface unit has cooled, remove the utensil and the cooked food.
- To prevent certain foods from foaming, add a tablespoon of cooking oil to the water before cooking.
- Never leave food unattended when you are cooking at HI or MED HI settings. Boilovers cause smoking and grease spillover may catch fire.
- When canning foods, be sure to check manufacturer's instructions and recipes. Be sure canner is flat-bottomed and fits securely over center of Calrod® unit.
- Make sure Calrod® plug-in unit is securely plugged in and seated on ring/pan properly for even heating results.

Home Canning Tips

Canning should be done on cooktop only.

In surface cooking of foods other than canning, the use of large-diameter utensils (extending more than 1-inch beyond edge of trim ring) is not recommended. However, when canning with water-bath or pressure canner, large-diameter utensils may be used. This is because boiling water temperatures (even under pressure) are not harmful to cooktop surfaces surrounding heating unit.

HOWEVER, DO NOT USE LARGE DIAMETER CANNERS OR OTHER LARGE DIAMETER UTENSILS FOR FRYING OR BOILING FOODS OTHER THAN WATER. Most syrup or sauce mixtures—and all types of frying—cook at temperatures much higher than boiling water. Such temperatures could eventually harm cooktop surfaces surrounding heating units.

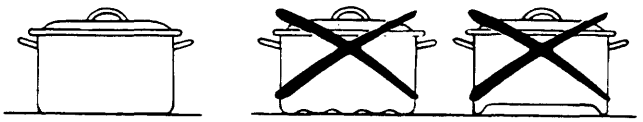
Observe Following Points in Canning:

1. Bring water to boil on HIGH heat, then after boiling has begun, adjust heat to lowest setting to maintain boil (saves energy and best uses surface unit).

2. Be sure canner fits over center of surface unit. If your model surface section does not allow canner to be centered on surface unit, use smaller-diameter containers for good canning results.

3. Flat-bottomed canners give best canning results. Be sure bottom of canner is flat or slight indentation fits snugly over surface unit. Canners with flanged or rippled bottoms (often found in enamelware) are not recommended.

RIGHT **WRONG**



4. When canning, use recipes from reputable sources. Reliable recipes are available from the manufacturer of your canner; manufacturers of glass jars for canning; such as Ball and Kerr; and, the United States Department of Agriculture Extension Service.

5. Remember, in following the recipes, canning is a process that generates large amounts of steam. Be careful while canning to prevent burns from steam or heat.

NOTE: If your surface section is being operated on low power (voltage), canning may take longer than expected, even though directions have been carefully followed. The process may be improved by: **(1)** using a pressure canner, and **(2)** for fastest heating of large water quantities, begin with HOT tap water.

Questions and Answers

Q. How can my Minute Timer make my surface cooking easier?
A. Your Minute Timer will help time TOTAL cooking which includes time to boil food and change temperatures. Do not judge cooking time by visible steam only. Food will cook in covered utensils even though you can't see any steam.

Q. May I can foods and preserves on my surface units?
A. Yes, but only use utensils designed for canning purposes. Check the manufacturer's instructions and recipes for preserving foods. Be sure canner is flat-bottomed and fits over the center of your Calrod® unit. Since canning generates large amounts of steam, be careful to prevent burns from steam or heat. Canning should only be done on surface units.

Q. Can I use special cooking equipment like an oriental wok, on any surface units?
A. Utensils without flat surfaces are not recommended. The life of your surface unit can be shortened and the range top can be damaged from the high heat needed for this type of cooking.

Q. Can I cover my drip pans with foil?
A. No. Clean as recommended in the Cleaning Chart.

Q. Why is the porcelain finish on my containers coming off?
A. If you set your Calrod® units higher than required for the container material, and leave it, the finish may smoke, crack, pop, or burn depending on the pot or pan. Also, too high of heat for long periods and small amounts of dry food may damage the finish.

Q. Why am I not getting the heat I need from my units even though I have the knobs on the right setting?
A. After turning surface unit off and making sure it is cool, check to make sure that your plug-in units are securely fastened into the surface connection.

Q. Why do my utensils tilt when I place them on the surface unit?
A. Make sure that the "feet" on your Calrod® units are sitting tightly in the range top indentation and the trim ring is flat on the range surface. Possibly your plug-in unit is not plugged into unit properly.

Using Your Conventional Oven

Your oven is designed to give you the best results in baking, broiling, and roasting when used as recommended. Before using your oven, look at the directions for setting and using all of the controls and timer.

Oven Light

Light comes on automatically when door is opened or use switch on window door to turn it on when door is closed.

Oven Shelves

When the shelves are correctly placed on shelf supports they are designed with stop-locks to prevent them from coming out of the oven or tilting when food is placed on them. TO REMOVE, lift up rear of shelf and pull forward with stop-locks along top of shelf support. TO REPLACE, insert shelf with stop-locks resting on shelf supports and push toward rear of oven until it falls into correct position under shelf support.

Automatic Oven Timer, Minute Timer

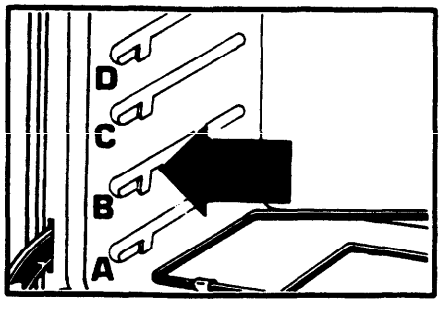
Oven Timer Controls are designed to automatically start and stop certain oven functions (TIME BAKE or CLEAN). Dials are timed by a special Clock with index marks (denoting numerals) and hands. (For location see page 8.) TO SET THIS CLOCK, push in the center knob of Minute Timer and turn the Clock hands to correct time, then let knob out. TO SET MINUTE TIMER, turn knob to desired minutes. (Knob must be out to set Minute Timer.) Minute Timer will buzz when time has finished and must be turned off manually.

Use the Microwave Oven Clock for easy reference to time of day.

How to Set Your Oven for Baking

(Also see Baking Chart, page 28.)

Step 1: Place shelf on embossed shelf support "B" or as indicated on Baking Chart, page 28.



Step 2. After making sure that the oven door is closed, turn the Oven Set Knob to BAKE. Oven "On" Light comes on and remains on as long as Oven Set Knob is on BAKE.

Step 3: Turn Oven Temp Knob to the temperature called for in recipe. Oven Cycling Light comes on and remains on until preset oven temperature is reached. It reappears each time oven temperature drops below preset temperature.

Step 4: You may set your Minute Timer to the desired cooking time as indicated in your recipe. If your cooking time is longer than sixty minutes, Minute Timer must be reset.

Most foods cook satisfactorily without preheating. If preheating is required, put your dish promptly in the oven after Oven Cycling Light goes out.

Step 5: Place food inside the oven. Make sure at least 1" of space is left between the cooking container and the oven wall for proper heat circulation. Close the oven door.

NOTE: Avoid opening your oven door frequently. This could cause undesirable results in your baking. Only check foods at the minimum time of the recipe. Then cook longer if necessary.

Step 6: When the BAKE cycle is complete, turn off heat. When cooking food for the first time in your oven, use the time on your recipe as a guide. Be sure foods are done before removing from oven.

How to Set Your Oven for Time Bake

Your Automatic Oven Timer controls your TIME BAKE feature. When you TIME BAKE, your oven can be preset to start and stop automatically if you are not home.

Step 1: Be sure the oven Clock shows correct time of day since Clock controls the Oven Timers. Start dial pointer must indicate same time of day as on Clock. If you want the oven to turn on at a later time, set that time by pushing in knob on Start dial and turn pointer to time that you want oven to start. (There's no need to set Start dial when starting time is the present time of day.)

Step 2: To determine Stop time, add the food's cooking time to time set on Start dial. Push in knob on Stop dial and turn pointer to time oven is to turn off.

Step 3: Turn Oven Set Knob to TIME BAKE. Oven "On" Light comes on immediately even if the Start time is later.

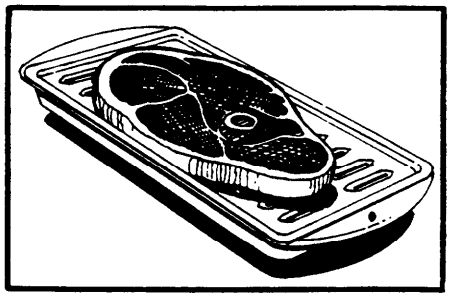
Step 4: Turn Oven Temp Knob to temperature setting. Oven Cycling Light comes on even though heat is not on in the oven if a later start time is used. Your oven automatically turns on and off at the times you set.

Step 5: Remove food and turn Oven Set Knob to OFF.

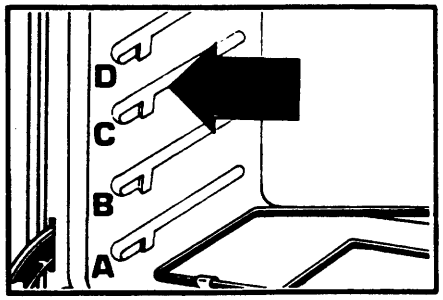
How to Set Your Oven for Broiling

(Also see Broiling Chart, page 29.)

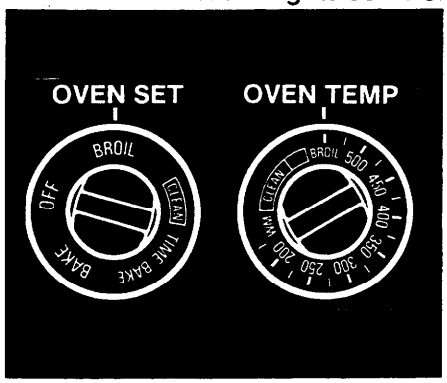
Step 1: Place the meat on the broiler rack in the broiler pan. Always use the rack so fat drips into the broiler pan.



Step 2: Position Oven Shelf as indicated on Broiling Chart, page 29.



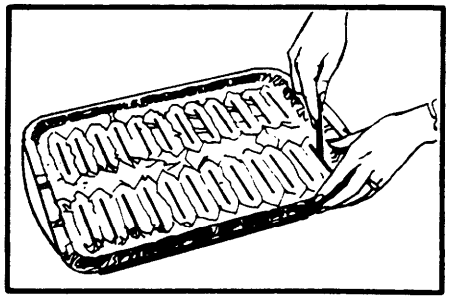
Step 3: Turn the Oven Set Knob and Oven Temp Knob to BROIL. Both Oven Indicator Lights come on.



Step 4: Leave oven door ajar about 3 inches (except chicken, see below). The door will stay open itself yet the proper temperature will be maintained in the oven. During cooking, turn the food only once.

Step 5: Turn Oven Set Knob to OFF and serve food immediately. Leave the pan outside the oven to cool during the meal for easy cleaning.

Cooking Tips



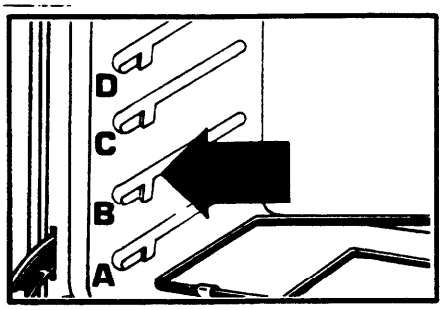
- Foil may be used to line the broiler pan and rack. However, be sure to cut openings in the foil to correspond with the slits in the broiler rack so fat drips into the pan below.
- For all weights of chicken, broil with door closed.
- Placing food closer to the top of the oven increases smoking, spattering, exterior browning on the meat and the possibility of food fat catching on fire. Always keep rack 3-5 inches from the broiling unit.

How to Set Your Oven for Roasting

(Also see Roasting Chart, page 30.)

Step 1: Check the weight of the meat and place, fat side up, on the rack in the broiler pan that came with your oven. This helps the meat to baste itself.

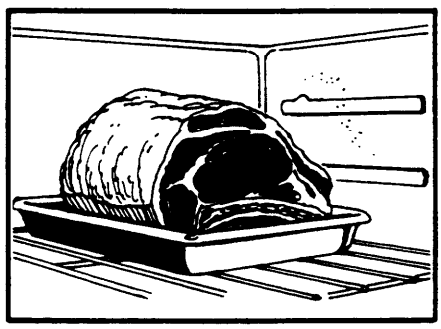
Step 2: Use shelf position "A" or "B"; or the one indicated on Roasting Chart, page 30. Place Oven Shelf on correct embossed shelf support. For very tall roasts, remove second oven shelf.



Step 3: Turn the Oven Temp Knob to 325°. (The exception is small poultry which is roasted at 375°.)

Step 4: Close the oven door and turn the Oven Set Knob to BAKE. Oven "On" Light comes on and stays on until Oven Set Knob is turned to OFF. Oven Cycling Light comes on and remains on until temperature is reached.

Step 5: Place your meat inside the oven, making sure the pan is not touching the oven walls or door.



Step 6: Turn off the heat when the roasting cycle is complete.

Cooking Tips

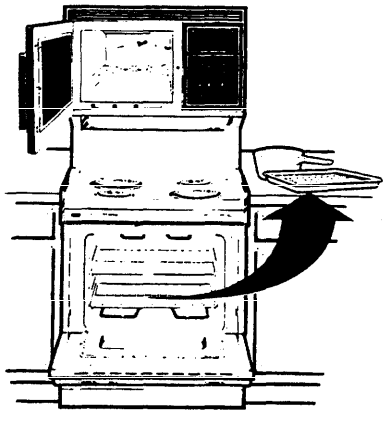
- Be sure meat is cooked to your satisfaction. Most meats continue to cook slightly while standing after being removed from the oven. This should be taken into consideration when determining your cooking time.
- Always use a roasting pan that fits the size of your meat. A roast placed in a pan too small for its size will drip over the edge.
- You may cook frozen meat roasts without thawing. However, you must allow more cooking time. For large roasts, add 10-25 minutes per pound. For roasts under 5 pounds, add 10 minutes per pound.
- To slow down surface browning on turkeys, you can use a foil "tent". The tent-shaped foil should be laid loosely over the poultry so the heat can circulate under the foil.
- Most frozen poultry should be thawed before cooking to ensure it is done evenly. Some, however, can be cooked successfully without thawing. Check the packer's label for specific directions.

Self-Cleaning Your Conventional Oven

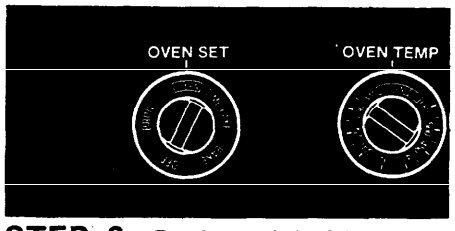
If done properly, it will take only a few moments to start the self-cleaning cycle on your range. After setting your range to self-clean, a high heat temperature removes the soil in the oven cavity. The dirt will then disappear by turning into an ash waste or evaporating into an odoriess and colorless vapor. When the cycle is complete, allow your range to cool.

Recommended Cleaning Time:
Moderate soil (thin spills and light spatter)-2 hours
Heavy soil (heavy greasy spills and spatter)-3 hours

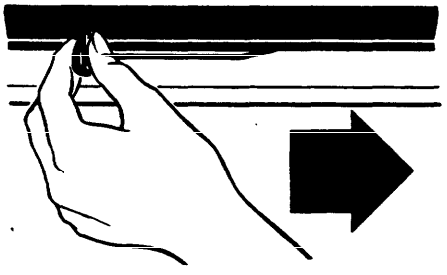
STEP 1: Remove all cookware and food as well as heavy soil deposits from the oven. Clean spatters or spills around the oven door, rectangular flanges, and gasket. **Then close the door.** (Oven shelves may be left in oven. Note: Shelves may become gray after several cleanings.)



STEP 2: Turn Oven Set Knob and Oven Temp Knob clockwise to CLEAN. The control will snap into final position when the CLEAN position is reached.



STEP 3: Push and hold Latch Release Button while sliding the Latch to CLEAN.



STEP 4: Set The Automatic Oven Timer:

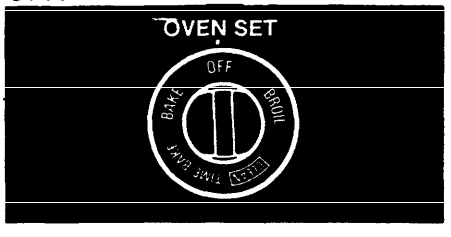
- Push in knob on Stop (Clean) Dial and turn to the time you wish oven to stop cleaning. Add the number of hours needed for cleaning to the present time of day.
- Cleaning Indicator Lights come on when all steps are set properly.
- If you wish to clean at a later time set Start Dial to that time.

NOTE: A slight odor may be detected especially during the first few cleanings. Do not be alarmed. This is normal during the self-cleaning cycle.

When cleaning temperature is reached, Lock Light comes on and door cannot be unlatched until Lock Light goes off.

STEP 5: When Lock Light goes off, push and hold the Latch Release Button while sliding Latch to OPEN.

STEP 6: Turn Oven Set Knob to OFF.



Questions and Answers

Q. What should I do if excessive smoking occurs during cleaning?
A. This is caused by excessive grease and you should switch the Oven Set Knob to OFF. Open windows and doors to rid room of smoke. Allow the oven to cool for *at least one hour* before opening the door. Wipe up the excess grease and reset the clean cycle.

Q. Why did the Lock Light come on when I first set the oven for CLEAN?
A. Lock Light glowing indicates that oven is too hot. Turn Oven Set Knob to OFF and open Oven Door to cool the internal cavity. After a short period of time, reset controls for cleaning.

Q. My oven shelves have become gray after several cleanings. Is this normal?
A. Yes. After many cleanings, the shelves may lose some luster and discolor to a deep gray color.

Q. Why do I have ash left in my oven after cleaning?
A. Some types of soil will leave a deposit which is ash. It can be removed with a damp sponge or cloth.

Q. Why is there still some black soil left after cleaning?
A. You did not time the oven to clean long enough. This deposit will be removed in later cleanings.

Q. If my oven clock is not working can I still self-clean my oven?
A. No. Your Automatic Oven Timer uses the oven clock to help start and stop your self-cleaning cycle.

Care and Cleaning of Your Cooking Center

Proper care and cleaning are important so your Cooking Center will give you efficient and satisfactory service. Follow these directions carefully in caring for it to help assure safe and proper maintenance.

BE SURE ELECTRIC POWER IS OFF BEFORE CLEANING ANY PART OF YOUR COOKING CENTER.

Control Panels

Don't use sharp-edged utensils around the control panels. They might damage it.

Clean the panels with a lightly dampened cloth. DO NOT USE cleaning sprays or large amounts of soap and water. These can cause problems with the control mechanisms.

Temperature Probe

The probe is sturdy, but care should be taken in handling it. Do not twist it. Avoid dropping it. Clean it as soon as possible after use. Wipe it with a sudsy cloth, then rub metal parts with a plastic scouring pad if necessary. Rinse and dry. DO NOT wash the probe in an automatic dishwasher.

Aluminum Foil on Shelves—why you shouldn't use it

DO NOT place a sheet of aluminum foil on any shelf in either your microwave or conventional oven. If you do, your foods may not cook properly. The oven finish may be damaged. And there may be an increase in heat on the outside surfaces of the oven.

Microwave Oven

Oven Lamp

The oven lamp bulb is long-lasting. Only a qualified service technician should replace it.

DOUBLE DUTY™ Shelf Accessory

Your shelf accessory is designed for use in a microwave oven only; do not use in a conventional oven. Do not use a browning dish with the shelf.

Clean shelf with mild soap and water or in the dishwasher.

Precautions for Use of Metal

Use metal only as directed in the Cookbook. Metal trays no more than 3/4" deep may be used for TV dinners, and the metal temperature probe is designed for microwave oven use. Always keep metal at least one inch away from sides of oven.

Cleaning—Outside

Clean the outside of your microwave oven with soap and water, then rinse and dry. The outer pane of the window is glass. Wipe it clean with a damp towel. Chrome is best wiped with a damp cloth and then with a dry towel.

Cleaning—Inside

Keep it clean and sweet-smelling. Opening the oven door a few minutes after cooking helps air out the inside. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.

Spills and spatters are easy to remove from walls, floor and antenna cover. That's because there's little heat except in the food, or sometimes in the utensil. Some spatters wipe up with a paper towel, some may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse and dry.

NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.

Wipe up spatters on the glass on the inside of the door daily. Wash glass, when it's soiled, with a minimum of sudsy, warm water. Rinse thoroughly and dry.

Wipe metal and plastic parts on the inside of the door frequently. Use a damp cloth to remove all soil. DO NOT USE ABRASIVES, such as cleaning powders or steel and plastic pads. They may mar the surface.

Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

Do not remove the plastic antenna cover at the top of the oven (see page 8). You will damage the oven if you do.

Using a Brown 'N Sear Dish? Use Bar Keepers Friend® Cleanser. High heat generated on the bottom of the Brown 'N Sear Dish can cause scorched appearing stains to bake onto the oven floor if grease is present. These may be removed with Bar Keepers Friend® Cleanser by SerVaas Laboratories, Inc.

After using this cleaner, rinse and dry thoroughly, following instructions on can. Do not use it on the painted surfaces such as the walls—it may scratch the paint.

Bar Keepers Friend® Cleanser is sold in many grocery, hardware and department stores.

Conventional Oven

Adjusting Oven Thermostat
When cooking a food for the first time in your new oven, use time given on recipe as a guide. Oven thermostats, over a period of years, may "drift" from the factory setting and differences in timing between an old and a new oven of 5 to 10 minutes are not unusual. Your new oven has been set correctly at the factory and is more apt to be accurate than the oven which it replaced. However, if you find that your foods consistently brown too little or too much, you may make a simple adjustment in the thermostat (Oven Temp) knob.

PULL KNOB OFF OF SHAFT, LOOK AT BACK OF KNOB AND NOTE CURRENT SETTING, BEFORE MAKING ANY ADJUSTMENT.

Pull off knob. Hold knob skirt, or tab, firmly in one hand so pointer is at top. With other hand turn knob to move pointer one notch in desired direction, RAISE to increase, LOWER to decrease.

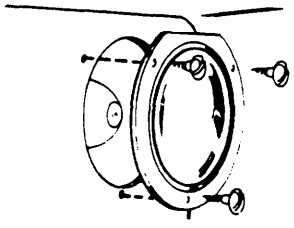
- Return knob to the range by matching the flat area of the knob to the shaft.
- Recheck oven performance before making an additional adjustment.

Oven Vent Duct

Oven is vented through a duct located under the right rear Calrod® unit. To clean duct: remove Calrod® unit and drip pan/ring. Lift out vent duct. In replacing, make sure the duct opening is under the opening in drip pan. Correct positioning is important to allow moisture and vapors to be released from oven. Never cover the hole.

Lamp Replacement

CAUTION: Before replacing your oven lamp bulb, disconnect the electric power for your Cooking Center at the main fuse or circuit breaker panel. Be sure to let the lamp cover and bulb cool completely before removing or replacing them.



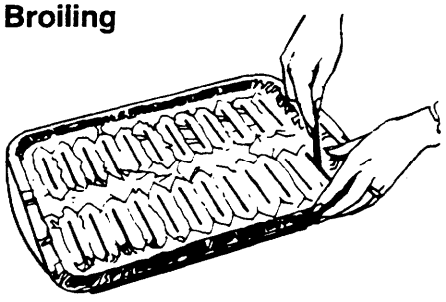
To remove:

- Take out 3 slotted screws as shown in lamp diagram.
- Detach lamp cover and remove bulb.

To replace:

- Put in a new 40-watt appliance bulb.
- Install lamp cover. Replace 3 screws and tighten them, making sure cover fits flush with oven wall.
- Reconnect electric power to the Cooking Center.

Use of Aluminum Foil in Broiling

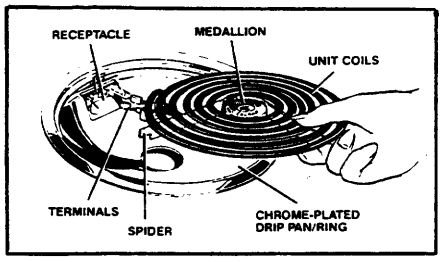


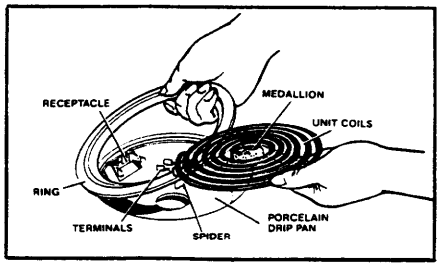
If you wish, you may line the broiler pan with aluminum foil and cover the rack with it for broiling. ALWAYS BE SURE TO MOLD THE FOIL THOROUGHLY TO THE BROILER RACK AND SLIT THE FOIL TO CONFORM WITH SLITS IN THE RACK. Stopping fat and meat juices from draining into the broiler pan prevents the rack from serving its purpose and MAY LET JUICES BECOME HOT ENOUGH TO CATCH FIRE.

(continued next page)

Plug-In Surface Units

Clean the area under the drip pans often. Built-up soil, especially grease, may catch fire. To make cleaning easier, the plug-in surface units are removable.





To remove:

- Be sure the control for the surface unit is on OFF and the coils are cool before removing the Calrod® unit.
- Raise the unit coil opposite the receptacle. Lift about one inch above the trim ring and pull away from the receptacle.
- After removing the plug-in surface unit, lift drip pan/ring to clean under the unit.

To clean:

- Wipe around the edges of the surface unit opening in the range top. Clean the area below. Rinse all washed areas with a damp cloth or sponge.

To replace:

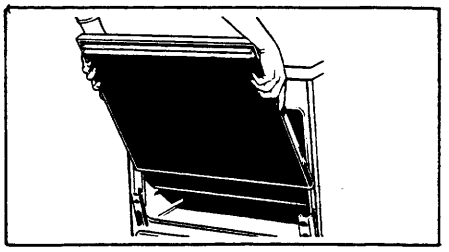
- Place drip pan/ring in the surface unit cavity found on top of the range. Line up the drip pan so the unit receptacle can be seen.
- Insert the terminals of the plug-in unit through the opening in the drip pan/ring and into the receptacle.
- Guide the surface unit into place so it fits evenly and locks snugly into the receptacle or trim ring.

NOTE: If your range has separate trim rings, the drip pan **must** be under the trim ring.

Do not attempt to clean, adjust, or in any way repair the plug-in receptacle. If liquid should spill and collect inside the receptacle, call for service.

Removable Oven Door

TO REMOVE door, open to BROIL position, or where you feel hinge catch slightly. Grasp door at sides; lift door up and away from hinges.



TO REPLACE, grasp door at sides. Line up door with hinges and push door firmly into place.

Broiling Chart

1. Always use broiler pan and rack that comes with your oven. It is designed to minimize smoking and spattering by trapping juices in the shielded lower part of the pan.
2. Oven door should be ajar for most foods; there is a special position on door which holds door open correctly.
3. For steaks and chops, slash fat evenly around outside edges of meat. To slash, cut crosswise through outer fat surface just to the edge of the meat. Use tongs to turn meat over to prevent piercing meat and loosing juices.
4. If desired, marinate meats or chicken before broiling. Or, brush with barbecue sauce last 5 to 10 minutes only.
5. When arranging food on pan, do not let fatty edges hang over sides, which could soil oven with fat dripping.
6. Broiler does not need to be preheated. However, for very thin foods or to increase browning, preheat if desired.
7. Frozen Steaks can be conventionally broiled by positioning the oven shelf at next lowest shelf position and increasing cooking time given in this chart 1½ times per side.
8. If your range is connected to 208 Volts rare steaks may be broiled by preheating the broil heater and positioning the oven shelf one position higher.

Food	Quantity and/or Thickness	Shelf Position	First Side Time, Min.	Second Side Time, Min.	Comments
Bacon	½-lb. (about 8 thin slices	C	3½	3½	Arrange in single layer.
Ground Beef, Well done	1-lb. (4 patties) ½ to ¾-in. thick	C	7	4-5	Space evenly. Up to 8 patties take about same time.
Beef Steaks					
Rare	1 inch thick	C	7	7	Steaks less than 1-in. cook through before browning. Pan frying is recommended.
Medium	(1-1½ lbs.)	C	9	9	
Well Done		C	13	13	
Rare	1½-in. thick	C	10	7-8	Slash fat.
Medium	(2-2½ lbs.)	C	15	14-16	
Well Done		C	25	20-25	
Chicken	1 whole (2 to 2½-lbs.), split lengthwise	A	35	10-15	Reduce times about 5-10 min. per side for cut-up chicken. Brush each side with melted butter. Broil with skin side down first and broil with door closed.
Bakery Products					
Bread (Toast) or Toaster Pastries	2-4 slices 1 pkg. (2)	C	1½-2	½	Space evenly. Place English muffins cut-side-up and brush with butter, if desired.
English Muffins	2-split	C	3-4		
Lobster tails (6 to 8-oz. each)	2-4	B	13-16	(Do not turn over)	Cut through back of shell. Spread open. Brush with melted butter before and after half time.
Fish	1-lb. fillets ¼ to ½-in. thick	C	5	5	Handle and turn very carefully. Brush with lemon butter before and during cooking if desired. Preheat broiler to increase browning.
Ham slices (precooked)	1-in. thick	B	8	8	Increase times 5-10 min. per side for 1½-in. thick or home cured.
Pork chops					
	2 (½ inch)	C	10	10	Slash fat.
Well Done	2 (1-in. thick) about 1 lb.	B	13	13	
Lamb chops					
Medium	2 (1 inch)	C	8	4-7	Slash fat.
Well Done	about 10-12 oz.	C	10	10	
Medium	2 (1½ inch)	C	10	4-6	
Well Done	about 1 lb.	B	17	12-14	
Wieners and similar precooked sausages, bratwurst	1-lb. pkg. (10)	C	6	1-2	If desired, split sausages in half lengthwise into 5 to 6-in. pieces.

Baking Chart

1. Aluminum pans conduct heat quickly. For most conventional baking light shiny finishes generally give best results because they prevent overbrowning in the time it takes for heat to cook the center areas. Dull (satin-finish) bottom surfaces of pans are recommended for cake pans and pie plates to be sure those areas brown completely.

2. Dark or non-shiny finishes, also glass and pyroceram, generally absorb heat which may result in dry, crisp crusts. Reduce oven heat 25° if lighter crusts are desired. Preheat cast iron for baking some foods for rapid browning when food is added.

3. Preheating the oven is not always necessary, especially for foods which cook longer than 30 or 40 minutes. For food with short cooking times, preheating gives best appearance and crispness.

4. Open the oven door to check food as little as possible to prevent uneven heating and to save energy.

Food	Container	Shelf Position	Oven Temp.	Time, Min.	Comments
Bread					
Biscuits (½-in. thick)	Shiny Cookie Sheet	B, C	400°-475°	15-20	Canned refrigerated biscuits take 2-4 min. less time.
Coffee cake	Shiny Metal Pan with Satin-finish bottom	B, A	350°-400°	20-30	
Corn bread or muffins	Cast Iron or Glass	B	400°-450°	20-40	Preheat pan for crisp crust.
Gingerbread	Shiny Metal Pan with Satin-finish bottom	B	350°	45-55	
Muffins	Shiny Metal Muffin Pans	A, B	400°-425°	20-30	Decrease about 5 min. for muffin mix. Or bake at 450° for 25 min., then at 350° for 10-15 min.
Popovers	Deep Glass or Cast Iron Cups	B	375°	45-60	
Quick Loaf Bread	Metal or Glass Loaf Pans	B	350°-375°	45-60	
Yeast bread (2 loaves)	Metal or Glass Loaf Pans	A, B	375°-425°	45-60	Dark metal or glass give deepest browning.
Plain rolls	Shiny Oblong or Muffin Pans	A, B	375°-425°	10-25	For thin rolls, Shelf B may be used.
Sweet rolls	Shiny Oblong or Muffin Pans	B, A	350°-375°	20-30	For thin rolls, Shelf B may be used.
Cakes (without shortening)					
Angel food	Aluminum Tube Pan	A	325°-375°	30-55	Two piece pan is convenient.
Jelly roll	Metal Jelly Roll Pan	B	375°-400°	10-15	Line pan with waxed paper.
Sponge	Metal or Ceramic Pan	A	325°-350°	45-60	
Cakes					
Bundt cakes	Metal or Ceramic Pan	A, B	325°-350°	45-65	
Cupcakes	Shiny Metal Muffin Pans	B	350°-375°	20-25	Paper liners produce more moist crusts.
Fruit cakes	Metal or Glass Loaf or Tube Pan	A, B	275°-300°	2-4 hrs.	Use 300° and Shelf B for small or individual cakes.
Layer	Shiny Metal Pan with Satin-finish bottom	B	350°-375°	20-35	
Layer, Chocolate	Shiny Metal Pan with Satin-finish bottom	B	350°-375°	25-30	
Loaf	Metal or Glass Loaf Pans	B	350°	40-60	
Cookies					
Brownies	Metal or Glass Pans	B, C	325°-350°	25-35	Bar cookies from mix use same time. Use Shelf C and increase temp. 25-50° for more browning.
Drop	Cookie Sheet	B, C	350°-400°	10-20	
Refrigerator	Cookie Sheet	B, C	400°-425°	6-12	
Rolled or sliced	Cookie Sheet	B, C	375°-400°	7-12	
Fruits, Other Desserts					
Baked apples	Glass or Metal	A, B, C	350°-400°	30-60	
Custard	Glass Custard Cups or Casserole (set in pan of hot water)	B	300°-350°	30-60	Reduce temp. to 300° for large custard. Cook bread or rice pudding with custard base 80 to 90 minutes.
Puddings, Rice and Custard	Glass Custard Cups or Casserole	B	325°	50-90	
Pies					
Frozen	Foil Pan on Cookie Sheet	A	400°-425°	45-70	Large pies use 400° and increase time.
Meringue	Spread to crust edges	B, A	325°-350°	15-25	To quickly brown meringue use 400° for 8-10 min.
One crust	Glass or Satin-finish Metal	A, B	400°-425°	45-60	Custard fillings require lower temp., longer time.
Two crust	Glass or Satin-finish Metal	B	400°-425°	40-60	
Pastry Shell	Glass or Satin-finish Metal	B	450°	12-15	
Miscellaneous					
Baked potatoes	Set on Oven Shelf	A, B, C	325°-400°	60-90	Increase time for large amount or size.
Scalloped dishes	Glass or Metal	A, B, C	325°-375°	30-60	
Souffles	Glass	B	300°-350°	30-75	

Roasting Chart

1. Position oven shelf at B for small-size roasts (3 to 7 lbs.) and at A for larger roasts.
2. Place meat fat side up or poultry breast-side up on broiler pan or other shallow pan with trivet. Do not cover. Do not stuff poultry until just before roasting. Use meat probe, for more accurate doneness. Control signals when food has reached set temperature. (Do not place probe in stuffing.)
3. Remove fat and drippings as necessary. Baste as desired.
4. Standing time recommended for roasts is 10 to 20 min. to allow roast to firm up and make it easier to carve. It will rise about 5° to 10° internal temperature; to compensate for temperature rise, if desired, remove roast from oven at 5° to 10° less than temperature on chart.
5. Frozen roasts can be conventionally roasted by adding 10 to 25 min. per pound more time then given in chart for refrigerated. (10 min. per lb. for roasts under 5-lbs.) Defrost poultry before roasting.

Type	Oven Temp.	Doneness	Approximate Roasting Time, in Minutes per Pound		Internal Temp. °F
Meat			**3 to 5-lbs.**	**6 to 8-lbs.**	
Tender cuts: rib, high quality sirloin tip, rump or top round*	325°	Rare:	24-30	18-22	130°-140°
		Medium:	30-35	22-25	150°-160°
		Well Done:	35-45	28-33	170°-185°
Lamb Leg or bone-in shoulder*	325°	Rare:	21-25	20-23	130°- 140°
		Medium:	25-30	24-28	150°-160°
		Well Done:	30-35	28-33	170°-185°
Veal shoulder, leg or loin*	325°	Well Done:	35-45	30-40	170°-180°
Pork loin, rib or shoulder*	325°	Well Done:	35-45	30-40	170°-180°
Ham, pre-cooked	325°	To Warm:	10 mins. per lb. (any weight)		125°-130°
			Under 10-lbs.	**10 to 15-lbs.**	
Ham, raw	325°	Well Done:	20-30	17-20	160°
*For boneless rolled roasts over 6-in. thick, add 5 to 10 min. per lb. to times given above.					
Poultry			**3 to 5-lbs.**	**Over 5-lbs.**	
Chicken or Duck	325°	Well Done:	35-40	30-35	185°-190°
Chicken pieces	375°	Well Done:	35-40		185°-190°
			10 to 15-lbs.	**Over 15-lbs.**	**In thigh:**
Turkey	325°	Well Done:	20-25	15-20	185°-190°

Surface Cooking Chart

Utensil Tips

1. Use medium or heavy-weight cooking containers. Aluminum containers conduct heat faster than other metals. Cast iron and coated cast iron containers are somewhat slower to absorb heat, but generally cook evenly at LOW or MEDIUM settings. Steel pans may cook unevenly if not combined with other metals. Use non-stick coated or coated metal containers. Flat ground pyroceram saucepans or skillets coated on the bottom with aluminum generally cook evenly. Glass saucepans should be used with the heat-spreading trivets available for that purpose.

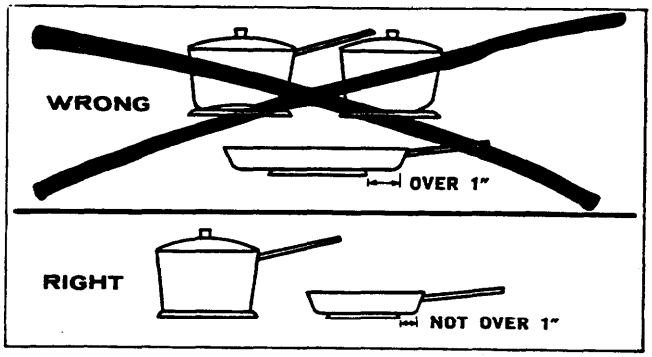
2. To conserve the most cooking energy, pans should be flat on the bottom, have straight sides and tight fitting lids. Match the size of the saucepan to the size of the surface unit. A pan that extends

Food	Container	Directions and Setting to Start Cooking	Setting to Complete Cooking	Comments
Cereal Cornmeal, grits, oatmeal	Covered Saucepan	HI. In covered pan bring water to boil before adding cereal.	LOW or WM, then add cereal. Finish timing according to package directions.	Cereals bubble and expand as they cook; use large enough saucepan to prevent boilover.
Cocoa	Uncovered Saucepan	HI. Stir together water or milk, cocoa ingredients. Bring just to a boil.	MED, to cook 1 or 2 min. to completely blend ingredients.	Milk boils over rapidly. Watch as boiling point approaches.
Coffee	Percolator	HI. At first perk, switch heat to LOW.	LOW to maintain gentle but steady perk.	Percolate 8 to 10 min. for 8 cups, less for fewer cups.
Eggs Cooked in shell	Covered Saucepan	HI. Cover eggs with cool water. Cover pan, cook until steaming.	LOW. Cook only 3 to 4 min. for soft cooked; 15 min. for hard cooked.	
Fried sunny-side-up	Covered Skillet	MED HI. Melt butter, add eggs and cover skillet.	Continue cooking at MED HI until whites are just set, about 3 to 5 min.	If you do not cover skillet, baste eggs with fat to cook tops evenly.
Fried over easy	Uncovered Skillet	HI. Melt butter.	LOW, then add eggs. When bottoms of eggs have just set, carefully turn over to cook other side.	
Poached	Covered Skillet	HI. In covered pan bring water to a boil.	LOW. Carefully add eggs. Cook uncovered about 5 min. at MED HI.	Remove cooked eggs with slotted spoon or pancake turner.
Scrambled or omelets	Uncovered Skillet	HI. Heat butter until light golden in color.	MED. Add egg mixture. Cook, stirring to desired doneness.	Eggs continue to set slightly after cooking. For omelet do not stir last few minutes. When set fold in half.
Fruits	Covered Saucepan	HI. In covered pan bring fruit and water to boil.	LOW. Stir occasionally and check for sticking.	Fresh fruit: Use ¼ to ½ cup water per pound of fruit. Dried fruit: Use water as package directs. Time depends on whether fruit has been presoaked. If not, allow more cooking time.
Meats, Poultry Braised: Pot roasts of beef, lamb or veal; pork steaks and chops	Covered Skillet	HI. Melt fat then add meat. Switch to MED HI to brown meat. Add water or other liquid.	LOW. Simmer until fork tender.	Meat can be seasoned and floured before it is browned, if desired. Liquid variations for flavor could be wine, fruit or tomato juice or meat broth. Timing: Steaks 1 to 2-in.: 1 to 2 hrs. Beef Stew: 2 to 3 hrs. Pot roast: 2½ to 4 hrs.
Pan-fried: Tender chops; thin steaks up to ¾-in.; minute steaks; hamburgers; franks; and sausage: thin fish fillets.	Uncovered Skillet	HI. Preheat skillet, then grease lightly.	MED HI or MED. Brown and cook to desired doneness, turning over as needed.	Pan frying is best for thin steaks and chops. If rare is desired, preheat skillet before adding meat.

Utensil Tips (continued)

than more one inch beyond the edge of the trim ring traps heat which causes "crazing" (fine hairline cracks) on the porcelain and discoloration ranging from blue to dark gray of the trim rings.

3. Frying. Do not overfill kettle with fat that may spill over when adding food. Frosty foods bubble vigorously. Watch foods frying at HIGH temperatures and keep range and hood clean from accumulated grease.



Food	Container	Directions and Setting to Start Cooking	Setting to Complete Cooking	Comments
Fried Chicken	Covered Skillet	HI. Melt fat. Switch to MED HI to brown chicken.	LOW. Cover skillet and cook until tender. Uncover last few minutes.	For crisp dry chicken, cover only after switching to LOW for 10 min. Uncover and cook turning occasionally 10 to 20 min.
Pan broiled bacon	Uncovered Skillet	HI. In cold skillet arrange bacon slices. Cook just until starting to sizzle.	MED HI. Cook, turning over as needed.	A more attention-free method is to start and cook at MED.
Sauteed: Less tender thin steaks (chuck, round, etc.); liver; thick or whole fish	Covered Skillet	HI. Melt fat. Switch to MED to brown slowly.	LOW. Cover and cook until tender.	Meat may be breaded or marinated in sauce before frying.
Simmered or stewed meat; chicken; corned beef; smoked pork; stewing beef; tongue; etc.	Covered Dutch Oven, Kettle or Large Saucepan	HI. Cover meat with water and cover pan or kettle. Cook until steaming.	LOW. Cook until fork tender. (Water should slowly boil). For very large loads medium heat may be needed.	Add salt or other seasoning before cooking if meat has not been smoked or otherwise cured.
Melting chocolate, butter, marshmallows	Small Covered saucepan. Use small surface unit	WM. Allow 10 to 15 min. to melt through. Stir to smooth.		When melting marshmallows, add milk or water.
Pancakes or French toast	Skillet or Griddle	MED HI. Heat skillet 8 to 10 min. Grease lightly.	Cook 2 to 3 min. per side.	Thick batter takes slightly longer time. Turn over pancakes when bubbles rise to surface.
Pasta Noodles or spaghetti	Covered Large Kettle or Pot	HI. In covered kettle, bring salted water to a boil, uncover and add pasta slowly so boiling does not stop.	MED HI. Cook uncovered until tender. For large amounts HI may be needed to keep water at rolling boil throughout entire cooking time.	Use large enough kettle to prevent boilover. Pasta doubles in size when cooked.
Pressure Cooking	Pressure Cooker or Canner	HI. Heat until first jiggle is heard.	MED HI for foods cooking 10 min. or less. MED for foods over 10 min.	Cooker should jiggle 2 to 3 times per minute.
Puddings, Sauces, Candies, Frostings	Uncovered Saucepan	HI. Bring just to boil.	LOW. To finish cooking.	Stir frequently to prevent sticking.
Vegetables Fresh	Covered Saucepan	HI. Measure ½ to 1-in. water in saucepan. Add salt and prepared vegetable. In covered saucepan bring to boil.	MED. Cook 1-lb. 10 to 30 more min., depending on tenderness of vegetable.	Uncovered pan requires more water and longer time.
Frozen	Covered Saucepan	HI. Measure water and salt as above. Add frozen block of vegetable. In covered saucepan bring to boil.	LOW. Cook according to time on package.	Break up or stir as needed while cooking.
Sauteed: Onions; green peppers; mushrooms; celery; etc.	Uncovered Skillet	HI. In skillet melt fat.	MED. Add vegetable. Cook until desired tenderness is reached.	Turn over or stir vegetable as necessary for even browning.
Rice and Grits	Covered Saucepan	HI. Bring salted water to a boil.	WM. Cover and cook according to time.	Triples in volume after cooking. Time at WM. Rice: 1 cup rice and 2 cups water—25 mins. Grits: 1 cup grits and 4 cups water—40 min.

The Problem Solver

To Save Time and Money— before you call for service, check the Problem Solver

If you have a problem, it may be minor. You may be able to correct it yourself. Just use this Problem Solver to locate your problem and then follow the suggested recommendations.

Conventional Oven

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT WORK	Plug on range is not completely inserted in the outlet receptacle. The circuit breaker in your house has been tripped, or a fuse has been blown. Oven controls are not properly set. Door left in locked position after cleaning.
OVEN LIGHT DOES NOT WORK	Light bulb is loose. Bulb is defective. Replace. Switch operating oven light is broken. Call for service.
FOOD DOES NOT BROIL PROPERLY	OVEN SET Knob not set at BROIL. OVEN TEMP Knob not set at BROIL. Door not left ajar as recommended. Improper shelf position is being used. Check Broiling Chart. Necessary preheating was not done. Food is being cooked on hot pan. Utensils are not suited for broiling. Aluminum foil used on the broil pan rack has not been fitted properly and slit as recommended.
FOOD DOES NOT ROAST OR BAKE PROPERLY	OVEN SET Knob not set on BAKE. OVEN TEMP Knob not set correctly. Shelf position is incorrect. Check Roasting or Baking Charts. Oven shelf is not level. Wrong cookware is being used. When roasting, pan is too small. A foil tent was not used when needed to slow down browning during roasting.
MOISTURE INSIDE AND OUTSIDE YOUR OVEN	Be sure oven vent duct is not covered with some material. Be sure oven vent duct is positioned properly.
CALROD® SURFACE UNITS NOT FUNCTIONING PROPERLY	Surface units are not plugged in solidly. Trim rings/drip pans are not set securely in the range top. Surface unit controls are not properly set.
OVEN WILL NOT SELF-CLEAN	Automatic timer dial/dials not set or not set properly. The STOP dial must be set and advanced beyond the time noted on oven clock. The STOP dial was not advanced for long enough. Both OVEN SET and OVEN TEMP Knobs must be at CLEAN setting. A thick pile of spillover when cleaned leaves a heavy layer of ash in spots which could have insulated the area from further heat. Latch not in "CLEAN" position.
OVEN DOOR WON'T LATCH	Turn OVEN SET Knob to CLEAN. Glowing Locked Light after knob is turned indicates oven is too hot from previous use and door won't latch. To cool oven, open door wide, then latch can be moved. OVEN SET KNOB must be at CLEAN or OFF before Latch can be moved. Latch Release Button not pushed when moving Latch.

Microwave Oven

PROBLEM	POSSIBLE CAUSE AND REMEDY
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	Door not securely closed. START must be touched after entering cooking selection. Another selection entered already in oven and CLEAR/OFF not touched to cancel it. Make sure you have entered cooking time after touching TIME COOK. CLEAR/OFF was touched accidentally. Reset cooking program and touch START. Temperature probe not inserted properly or not being used during Auto Roast or Temp Cook. Make sure you have entered desired finished temperature after touching TEMP COOK. Make sure you entered a code number after touching COOK CODE™ or AUTO ROAST.
FOODS ARE EITHER OVER-COOKED OR UNDERCOOKED	Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch TIME COOK and additional cooking time for completion. Incorrect Power Level entered. Check Cookbook for recommended Power Level or changing levels during cooking if necessary. Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check Cookbook or recipe for these instructions. Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check Cookbook for recommendation on increasing time. Probe not inserted properly into meat or dish when using Temp Cook or Auto Roast functions. Check Cookbook or Auto Roast section of this book for specific instructions. Check Cookbook for food placement and instructions when using Double Duty™ Shelf.

All These Things Are Normal on Your Microwave Oven:

1. Steam or vapor escaping from around the door.
2. Light reflection around door or outer case.
3. Dimming oven light and change in blower sound may occur while operating at power levels other than high.
4. Dull thumping sound while operating at power levels other than high.
5. Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

Cleaning Chart

Note: Let range parts cool before cleaning.

PART	MATERIALS TO USE	GENERAL DIRECTIONS
Bake Unit and Broil Unit		Do not clean the bake unit or broil unit. Any soil will burn off when the unit is heated. NOTE: The bake unit is not hinged and cannot be lifted to clean the oven floor. If spillover, residue, or ash accumulates around the bake unit, gently wipe around the unit with warm water.
Broiler Pan & Rack	• Soap and Water • Soap-Filled Scouring Pad • Plastic Scouring Pad	Drain fat, cool pan and rack slightly. (Do not let soiled pan and rack stand in oven to cool). Sprinkle on detergent. Fill pan with warm water and spread cloth or paper towel over the rack. Let both stand for a few minutes. Wash; scour if necessary. Rinse and dry. OPTION: The broiler pan and rack may also be cleaned in a dishwasher.
Control Knobs: Range Top and Oven	• Mild Soap and Water	Pull off knobs. Wash gently but do not soak. Dry and return controls to range making sure to match flat area on the knob and shaft.
Outside Glass Finish	• Soap and Water	Wash all glass with cloth dampened in soapy water. Rinse and polish with a dry cloth. If knobs on the control panel are removed, do not allow water to run down inside the surface of glass while cleaning.
Metal, including Chrome Side Trims and Trim Strips	• Soap and Water	Wash, rinse, and then polish with a dry cloth. DO NOT USE steel wool, abrasives, ammonia, acids, or commercial oven cleaners which may damage the finish.
Porcelain Enamel Surface*	• Paper Towel • Dry Cloth • Soap and Water	Avoid cleaning powders or harsh abrasives which may scratch the enamel. If acids should spill on the range while it is hot, use a dry paper towel or cloth to wipe up right away. When the surface has cooled, wash and rinse. For other spills, such as fat spatterings, etc., wash with soap and water when cooled and then rinse. Polish with a dry cloth.
Inside Oven Door*	• Soap and Water	On this oven, clean ONLY the door liner outside the gasket. The door is automatically cleaned if the oven is in the self-cleaning cycle. If spillover or spattering should occur in cooking function, wipe the door with soap and water. DO NOT rub or damage gasket. Avoid getting soap and water on the gasket or in the rectangular flanges on the door.
Oven Gasket*		Avoid getting ANY cleaning materials on the gasket.
Oven Liner	• Soap and Water	Cool before cleaning. Frequent wiping with mild soap and water will prolong the time between major cleanings. Be sure to rinse thoroughly. For heavy soiling, use your self-cleaning cycle often.
Shelves (See Self-Cleaning Oven Directions	• Soap and Water	Your shelves can be cleaned with the self-cleaning function in the oven. For heavy soil, clean by hand using any and all mentioned materials. Rinse thoroughly to remove all materials after cleaning.
Calrod® Surface Unit Coils		Spatters and spills burn away when the coils are heated. At the end of a meal, remove all utensils from the Calrod® unit and heat the soiled units at HI. Let the soil burn off about a minute and switch the units to OFF. Avoid getting cleaning materials on the coils. Wipe off any cleaning materials with a damp paper towel *before* heating the Calrod® unit. DO NOT handle the unit before completely cooled. DO NOT self-clean plug-in units. DO NOT immerse plug-in units in any kind of liquid.
Chrome-Plated Rings or Chrome Trim Rings and Pans	• Soap and Water • Stiff-Bristled Brush • Soap-Filled Scouring Pad (Non Metallic)	Clean as described below or in the dishwasher. **DO NOT CLEAN ON THE SELF-CLEANING FUNCTION** as pans and rings will discolor. Wipe all rings after each cooking so unnoticed spatter will not "burn on" next time you cook. To remove "burned-on" spatters use any or all cleaning materials mentioned. Rub *lightly* with scouring pad to prevent scratching of the surface.
Porcelain Drip Pans	• Soap and Water • Soap-Filled Scouring Pad • Plastic Scouring Pad • Dishwasher	Cool pan slightly. Sprinkle on detergent and wash or scour pan with warm water. Rinse and dry. In addition, pan may also be cleaned in the dishwasher or cleaned in self-cleaning oven.

*Spillage of marinades, fruit juices, and basting materials containing acids may cause discoloration. Spillovers should be wiped up immediately, with care being taken to not touch any hot portion of the oven. When the surface is cool, clean and rinse.

Consumer Services

At General Electric we're committed to providing you with the best appliances we know how to build and we know that you want your appliances to give you many years of dependable service.

Our Consumer Services are designed with your needs and wants in mind.

1. Warranty Protection

Before your new appliance left the factory, it went through rigorous tests to detect manufacturing defects.

And you have a written warranty to protect you. See the warranty on the back page of this book for details.

2. Convenient Service

Whether your appliance is in or out of warranty, you're just a phone call away from our nationwide network of Factory Trained Service professionals.

Simply call our GE service organization. Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

Service can normally be scheduled at your convenience and the technician drives a fully-stocked parts service truck so that, in most cases, the repair can be completed in one visit.

We're proud of our service and want you to be pleased, but if for some reason you are not happy with the service you receive, here are three steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

NEXT, if you are still not pleased write all the details—including your phone number to:

Manager, Consumer Relations
General Electric
Appliance Park
Louisville, Kentucky 40225

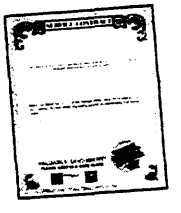
FINALLY, if your problem is still not resolved, write:

Major Appliance Consumer Action Panel
20 North Wacker Drive
Chicago, Illinois 60606

3. Service Contracts

For trouble-free service beyond the written warranty period.

If you prefer to budget your repair expenditures instead of being surprised by them, GE offers service contracts for varying lengths of time on all GE major appliances. With a contract, we'll keep your appliance in good operating condition during the contract period at no additional charge.



Service contracts let you pay today's prices for service a month, a year, or several years from now. And, you'll receive service from GE trained service technicians using only genuine GE parts. If you have any questions about Service Contracts, call *TOLL-FREE* 800.626.2224. (In Kentucky, call 800.292.2057.)

4. The Quick Fix® System

You can save money and time by doing it yourself.

For do-it-yourselfers who would prefer to fix GE major appliances themselves ... GE offers an industry first, the Quick Fix® System.

A program for do-it-yourself appliance repair, the system includes *step-by-step repair manuals* for refrigerators, most non-microwave electric ranges, dishwashers, and standard and large capacity washers and dryers, plus *specially packaged replacement parts,* and technical help with a *toll free 800 number.*

5. Help For You By Phone

Should you need help in the selection and purchase of new appliances, or have questions about the operation of the GE appliances you now own—or have *any* other questions about GE consumer products or services, you are only a *TOLL FREE* call away.

The GE Answer Center™ consumer information service is open 24 hours a day, seven days a week.

Our staff of experts stands ready to assist you anytime.

Your Direct Line to General Electric
The GE Answer Center® 800.626.2000

YOUR GENERAL ELECTRIC MICROWAVE OVEN/RANGE WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor in your home to repair or replace ***any part of the microwave oven/range*** that fails because of a manufacturing defect.

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth year from date of original purchase, we will provide, free of charge, a replacement ***magnetron tube*** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care® servicers during normal working hours.

Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

Read your Use and Care material. If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

The GE Answer Center™
800.626.2000
consumer information service

- Improper installation.

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.

- Failure of the product if it is used for other than its intended purpose or used commercially.

- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS *NOT* RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company

If further help is needed concerning this warranty, contact:
Manager—Consumer Affairs, General Electric Company, Appliance Park, Louisville, KY 40225

GENERAL ELECTRIC

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